

Resilience 360: Workplace Wellbeing Programme Proposal

The Resilience 360: Workplace Wellbeing Programme is a CPD accredited program designed to help construction teams manage stress, improve mental resilience, and boost productivity. Using Cognitive Behavioural Therapy (CBT) principles, it provides practical strategies for employees to apply on-site and at home, improving mental health and safety performance. The program includes a Facilitator Certification option for internal delivery and scaling.



by MHWB Network

Program Overview and Benefits

Program Features

The Resilience 360 programme is designed for construction workers, team leaders, and management, with flexible modules for different roles. It offers CBT-based strategies, mental health awareness, stress management techniques, and resilience-building tools specifically for construction environments. The content can be customised to fit company-specific needs, such as high-pressure projects or leadership resilience.

Delivery Options

The program offers flexible delivery options including self-paced online modules, live workshops, or a hybrid approach. This flexibility is designed to fit into the schedules of construction workers and management alike, ensuring maximum participation and engagement.

Key Benefits

Participants gain immediate application of practical tools for stress management and safety focus. The program leads to increased safety, enhanced productivity, and reduced burnout. It is CPD accredited, ensuring professional recognition and development for all participants.

Package	Price per Employee	Total Cost (Example)	Included
Core Package	£150 annually	£15,000 for 100 employees	Full access to self-paced modules, 1 live virtual workshop, downloadable resources, email support.
Enhanced Package	£200 annually	£50,000 for 250 employees	Full access to training, 3 live/virtual workshops, custom branding, ongoing support.
Enterprise Package	£250 annually	£125,000 for 500 employees	Full access, 5 live/virtual workshops, custom content, quarterly reports, and 4 hours consultation.
Facilitator Certification	£3,000 per facilitator	£10,000 for up to 5 facilitators	Full facilitator training, access to resources for 1 year, ongoing support, and CPD accreditation for in-house delivery.

Why Choose Resilience 360 and Facilitator Certification

1 Industry-Specific Focus

Tailored for construction companies, the program addresses the unique mental health challenges faced by teams on-site.

2 Proven Strategies

Grounded in CBT, our methods provide employees with practical, evidence-based techniques for stress management and resilience.

3 CPD Accredited

Both the employee program and facilitator training are CPD accredited, ensuring professional recognition and development for participants.

4 Long-Term Impact

By improving mental resilience, your workforce will experience better retention, higher engagement, and lower absenteeism, ultimately leading to more effective project delivery.

Facilitator Certification Program Overview

The Facilitator Certification Program, which is CPD accredited, provides organisations with the tools to deliver the Resilience 360 training internally. This program equips your selected facilitators with the knowledge and resources to run workshops, train teams, and monitor the mental wellbeing of employees, ensuring continuous support for your workforce.

- Full facilitator training based on CBT principles.
- Access to all training materials and resources.
- Ongoing support and updates for one year.
- Custom content for different employee groups (e.g., site workers, team leaders).
- CPD accreditation for each certified facilitator.

Next Steps

Interested in learning more or setting up a demo? Please contact us at enquiries@mhwbnetwork.com. I'd be happy to schedule a consultation or provide additional details on how the Resilience 360 Workplace Wellbeing Programme can benefit your teams.

Thank you for considering Resilience 360 Workplace Wellbeing Programme. We look forward to partnering with you to build a resilient, productive workforce.