

THE UNSHAKABLE RESILIENCE PROGRAMME



- ✓ **Reduce Stress**
- ✓ **Improve Productivity**
- ✓ **Drive Business Results**



'This programme is for any organisation who is undergoing tremendous change. It empowers employees with practical tools & strategies to sustain their wellbeing in times of pressure so they can continue to thrive' University of Derby



"The Unshakable Resilience programme trains leaders and teams on the 4 pillars of sustainable leadership enabling them to significantly reduce stress, improve productivity and drive business results"



Participants reported Mindset tools made a positive impact when practised



Participants were committed in taking action to support their on going wellbeing



Participants would recommend the programme to their colleague

ABOUT KRISHNA RUPARELIA

Krishna Ruparelia is the Founder of Unshakable Resilience - a wellbeing consultancy that enables leaders to take the leap from stressed to success. Krishna is an experienced CIPD qualified HR professional with a background in Occupational Psychology and has spent over 17 years in HR specializing in Leadership, Wellbeing & Resilience. Having worked for a number of blue-chip organisations (Santander Bank, Jaguar Land Rover, HSBC, Nivea, Warwick Business School), Krishna recognised one factor that separates the performers from the non-performers was their ability to adapt to change without burning out. She believes that life is about thriving and when we gain self-awareness, transformation take place. Her mission is to empower leaders to unleash their own potential, so they become focused, productive and drive the greatest results for the business.

KRISHNA RUPARELIA
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