

Building Elite Grit & Resilience

Adapting, and performing, is what humans do best

FORMAT

Flexible [in person | virtual | mixed]

DURATION

2 hours | Half day | Full day

AUDIENCE

- Leaders, Professionals, & Athletes
- Teams & Staff Cohorts

CONTACT US

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\$5.30
per dollar

ROI on average found for mental health and resilience programs through reduced absenteeism (Deloitte 2026)



OVERVIEW

Our performance as a team and organisation are accelerated, or have the handbrakes pulled, through the 6 levers of human performance. Our resilience to maintain performance and wellbeing is challenged when a lever acts as a handbrake. Our grit, resilience, and drive to push through draw from our strong levers. Our accelerators.

When our goals are audacious and complex, having the resilience and grit to bounce back and to keep moving forward becomes a critical prerequisite. Thankfully we know that human beings have been leading the league in resilience, problem solving, and adaptation for more than 300,000 years. Building Elite Grit & Resilience directs the spotlight to our unique strengths and the evidence-based knowledge on what really accelerates our performance as innovative and gritty human beings, providing every individual and team with a bespoke roadmap and compass to perform and flourish.

WHAT YOU'LL GAIN

- Working, practical knowledge of what resilience really means, understanding of the 6 levers of human performance, and how these levers can show up in our work and lives to accelerate, or pull the handbrake, on our resilience and ability to perform
- A framework to understand and guide your decisions and communication when deliberately and mindfully leading your team to build a performance of elite and sustainable performance, and thriving with your team in any environment

RESOURCES & SUPPORT

- Personalised leadership and strategy map
- Ongoing access to eyeYou resources, personalised and curated for your team, to guide specific concrete processes (challenging conversation guides, cheat sheets and formats for conducting effective one-on-ones, integrating our strategic efforts to improve resilience into our concrete business strategy, people strategy etc)

KEY OUTCOMES

- A grittier and more adaptable team with the skills to thrive when the heat is hottest, and trust and performance flourish
- Leadership and culture and a climate in the workplace that understands and accepts the human condition, and how we can be supported to perform best
- Confidence in handling the levers required to expertly guide the wellbeing and performance of your team, knowing you are leaving nothing on the table

Visit our website, or contact us at hello@eyeyou.io to talk more, or for a free quote.