Building Resilience and Sustainable Team Performance

Laboratory and Research

Course Overview

Building Resilience and Sustainable Team Performance: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and live...

What You Will Achieve

- Explain the core principles and current good practice in Building Resilience and Sustainable Team Performance
- Apply practical tools and techniques for Building Resilience and Sustainable Team Performance in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Building Resilience and Sustainable Team Performance in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Professionals, specialists and managers at every level who want to strengthen this capability and apply it with confidence at work.

Course Outline

1. Foundations of Building Resilience and Sustainable Team Performance: principles, terminology and context
2. The business case: why Building Resilience and Sustainable Team Performance matters to performance
3. Core tools, frameworks and methods
4. Applying the tools: guided case study and exercises
5. Common pitfalls and how experienced practitioners avoid them
6. Working with stakeholders: communication and influence
7. Measuring results and continuous improvement
8. Personal action planning and course review

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
9 to 13 Nov 2026	Cape Town	**$1,550**
16 to 20 Nov 2026	Lusaka	**$1,550**
23 to 27 Nov 2026	Maputo	**$1,550**
30 Nov to 4 Dec 2026	Johannesburg	**$1,550**

7 to 11 Dec 2026	Nairobi	**$1,450**

LTC Consultants
Suite 601, Block 2, Monument Office Park, 79 Steenbok Ave, Monument Park, Pretoria, 0181, South Africa
+27 68 403 2806 | info@ltcconsultants.net | ltcconsultant.co.za
Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.