

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...

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

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.