

CASE STUDY

Supporting Bendigo and Adelaide Bank's objective to build a Thriving Team



AT A GLANCE

- 19% decrease in flight risk
- 9% increase in health and lifestyle
- 5% increase in optimism
- 4% increase in wellbeing
- 4% increase in strengths use
- Positive increases across flourishing and resilience.



"Anna's engaging style and relevant content resulted in the Thriving Teams Program really hitting the mark with our team.

Many of the participants have commented that this was one of the most valuable team training programs they have ever been involved in!"

Ash Capp
State Manager
Regional Victoria & Tasmania

OBJECTIVE

The Thriving Teams Program aimed to empower the Bendigo and Adelaide Bank's Victorian and Tasmanian Regional Managers to adopt strategies that drive wellbeing, engagement, resilience and performance in the workplace.

Grounded in decades of research, the Program has demonstrated how the STRONG principles empower both people and performance to thrive.

PROGRAM

This 3-month Program featured a series of workshops and group coaching sessions, complemented by activities and reflections to embed learnings. To track progress, measurements were undertaken at the beginning and end of the Program to assess changes over time. Feedback was also collected from both participants and their managers at the Program's conclusion.

OUTCOMES

Mindset Shift

Participants reported becoming more focused on the positive rather than the negative. Instead of concentrating on weaknesses, they began leveraging their own strengths and those of their team members, leading to increased engagement and performance.

Self-awareness

Feedback revealed that participants gained deeper insights into their leadership style, understanding who they are as leaders. They also felt more confident in applying the strategies learned to get the best out of their team members.

New Knowledge and Tools

Participants gained knowledge and tools to adopt the STRONG principles, empowering their teams to thrive and achieve sustained success.

Ready to drive lasting positive change in your organisation?

If you're looking to boost resilience, engagement, wellbeing and performance across your teams, contact Anna to discuss how you can achieve similar results.

