

Companies Benefit from Resilience Training to Reduce Employee Stress & Boost Performance

Resilience Training By Strategic Development Group Helps Companies Increase Employee Engagement and Morale

LOS ANGELES, CA, UNITED STATES, March 1, 2023 /EINPresswire.com/ -- A recent survey by the American Psychological Association showed that three-quarters of adults say their stress levels have increased over the past year. More than 1 in 4 adults (26%) reported anticipating even more

stress at the start of 2023, according to Psychiatry.org. So how are companies helping them cope with stress? Building resilience through training!



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*William Chesnutt, Founder &
CEO of Strategic Development
Group.*

[Strategic Development Group](#) offers [Resilience Training](#), a form of professional development that helps individuals and organizations build the skills and strategies necessary to cope with stress and adversity in the workplace.

“Resilience Training has become an increasingly popular way for businesses to improve employee engagement, increase morale, and strengthen internal processes,” according to William Chesnutt, Founder & CEO of Strategic Development Group. “This type of training focuses on developing growth, lowering stress levels, create emotional resilience and providing a new perspective on difficult situations.”

Through resilience training, employees can become more confident, proactive, and engaged in their work, which can help them to achieve their professional development goals and ultimately benefit the company. Resilience training can also help employees achieve a better work-life balance, resulting in a more satisfied and motivated workforce, which is essential to a business’s

success and bottom line.

Companies can learn more about how their employees, managers, and leadership executives can benefit from Effective Resilience Training modules by visiting StrategicDevelopmentGroup.com.

By providing employees with the tools and strategies necessary to cope with stress and adversity, businesses can create a more positive and motivated workforce. With the right approach and implementation, resilience training can help organizations achieve their business and professional development goals.

Strategic Development Group offers a variety of [executive leadership development](#) and employee training modules and services. With teams across the country, Strategic Development Group can offer in-person or virtual training sessions to meet the needs of organizations of nearly any size. Their team can provide large group training sessions or individual executive development services. The team can be reached at 760-583-2289 or by booking an appointment here at <https://strategicdevelopmentgrp.com/contact-us>.

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More than 1 in 4 adults (26%) reported anticipating more stress in 2023



SDG Resilience Training helps employees build skills to cope with stress and improve performance

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