

30-Day Team Resilience Mapping Sprint

**Measure and Map Team Capacity
to Mitigate Risk.**

Interpersonal Wellness Services (IWS)

Interpersonal Wellness Services (IWS) offers a workplace resilience platform that measures capacity, burnout and mental health risks, maps hidden stressors, and builds team performance with diagnostics, micro-training, coaching, and KPI dashboards, based on 28 years of research and practice.



Give leaders next steps so teams deliver consistently under pressure.

When deadlines tighten and workloads spike, performance can fail because employee **capacity gets drained**, values get misaligned, and trust quietly breaks down.

The 30-Day Resilience Anchors Sprint helps you **understand your team's resilience capacity** and act on it fast.

You get a baseline, a heatmap of risk patterns, and a leader-ready action plan with targeted interventions running by Day 30.

[Book a Demo](#)

Start the 30-Day Sprint

Employee results stay private. Leaders see aggregated, anonymized trends only.



Why Resilience Anchors

The **Resilience Anchors** provide an easy, safe and engaging entry point for employees. It provides a **stabilization for employees** to identify and address underlying risks.

This Sprint starts with the **Resilience Anchors**, the foundation that protects behaviour, follow-through, and mental stability under pressure.

What we measure in this Sprint

Powered by the Integrity + Spiritual Wellness Resilience Index™, we map the resilience anchors that predict performance under strain:

- Values Alignment & Integrity (follow-through under pressure)
- Purpose & Vision Clarity (direction, meaning, motivation)
- Self-Trust & Self-Esteem (ownership, confidence, decisiveness)
- Trust Climate (psychological safety signal; collaboration strength)
- Balance Strain (overload risk, boundary integrity, recovery)
- Mindset & Faith Resilience (hope, inner stability, meaning-making)

Result: leaders stop guessing and start intervening with precision.

Who This Sprint Is For

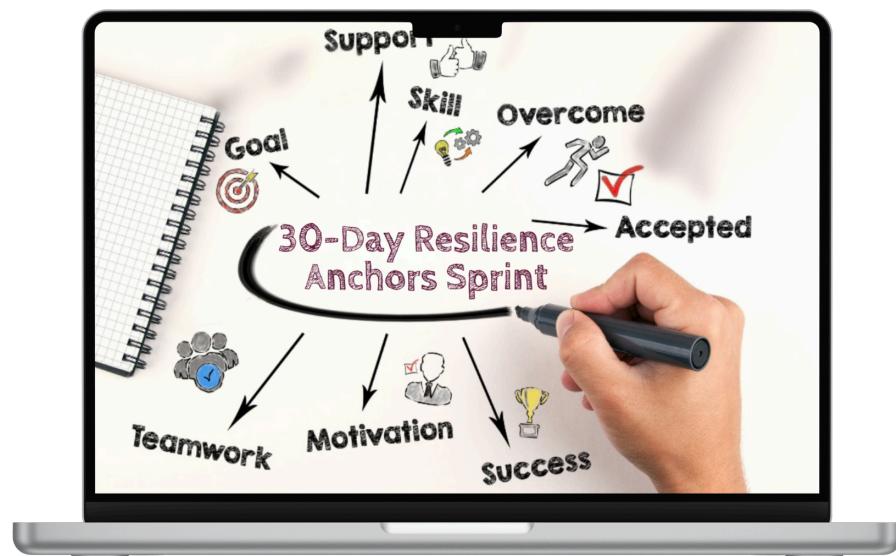
HR & People Leaders who need clarity on burnout risk, retention pressure, and culture stability.

Executives & Team Leaders who want performance to stay consistent when pressure rises.

Organizations managing overload, disengagement, rising friction, or post-change fatigue.

This Sprint is NOT for you if...

You're looking for a perk library of wellness content with no measurement, no accountability, and no leadership action plan.



What You Get in 30 Days

By Day 30, your organization receives:

- **Resilience Anchors Baseline** (aggregated by cohort)
- **Heatmaps + risk hotspots** by team, role group, site/region, and leader cohort
- **Leader-ready interpretation** (what it means + what to do next)
- **Targeted interventions activated** (micro-practices + one clinic + leader action lab)
- **90-day roadmap** to expand measurement only where needed
- **KPI baseline** to track improvement over time

How It Works (Simple 4-Week Timeline)

WEEK 0: SETUP & TRUST

- Cohorts defined (team/role/site)
- Anonymity thresholds set
- Employee invite content and FAQ and privacy boundary
- Leadership briefing to ensure safe rollout

WEEK 1: MEASURE THE ANCHORS

- Participants complete the Integrity + Spiritual Wellness Resilience Index™ (20 minutes)
- Each participant receives their individual Resilience Index report
- Baseline snapshot produced by cohort

WEEK 2: MAP RESILIENCE RISK PATTERNS

- Heatmaps reveal where capacity is strong vs strained
- Hotspots identified with likely drivers
- Leadership resilience strategy session
- Leaders receive “how to communicate” talking points

WEEK 3: BUILD RESILIENCE WITH PRECISION

- Leader Action Lab (60 minutes): what leaders do differently now
- Employee Resilience Clinic (45–60 minutes): practical tools aligned to anchor gaps
- Targeted micro-practices assigned inside the platform

WEEK 4: RESILIENCE ROADMAP

- Pulse re-check to detect movement
- Executive review and 90-day roadmap
- Recommendation on what to measure next (only where needed)

Privacy & Employee Trust (Non-Negotiable)

We designed this Sprint to build resilience, **not fear**.

- Employees keep their individual results private.
- Leaders see aggregated, anonymized trend data only in our corporate dashboard
- Reporting is protected by minimum group size thresholds.

What Happens After the Sprint

Once you know which anchors are strained, you can expand with precision:

- If **Balance Strain** is highest → add Physical + Emotional supports
- If **Trust Climate** is lowest → add Interpersonal dimension tools
- If **Purpose/Vision** is low → add Occupational + Intellectual focus
- If **Values Alignment** is low → leadership norms + integrity reset

This is how resilience becomes a system, not a one-time event.

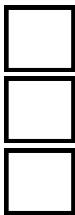
Ready to See Capacity Clearly?

If your teams are under pressure and you want clarity fast, start here.

[Book a Demo](#)

[Start the 30-Day Resilience Anchors Sprint](#)

Choose Your Sprint Level



Team Sprint (single department or site)

Multi-Team Sprint (multiple cohorts, cross-functional)

Enterprise Sprint (multi-site / complex environments)

Contact us now to get started.

[Book a Demo](#)

Start the 30-Day Resilience Anchors Sprint



Data Privacy & Security

Interpersonal Wellness Services Inc. Resilience Diagnostic platform is built with enterprise-grade security. All employee responses are confidential. Leaders only access anonymized, aggregated trend data. Our platform is GDPR-compliant, with encryption, secure hosting, and role-based access controls to protect your data every step of the way. It is not medical advice and does not replace professional care.

JOYCE ODIDISON

Resilience Expert • Conflict Analyst • Leadership Coach

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Book Joyce Now!



Driven by years of witnessing workplace conflict, burnout, and mental health claims escalate, Joyce built the **WIS® Resilience Diagnostic** to uncover the hidden causes of stress and disengagement that traditional tools miss. Drawing on her background as a Conflict Analyst, Master Certified Coach, and Workplace Wellness pioneer, she designed the science-backed **WIS® Well-being Intelligence System**, linking well-being to resilience across nine dimensions. She is the author of 7 books, host of their Resilience Catalyst podcast, and President of Interpersonal Wellness Services Inc.

The Resilience Index™ Challenge for Teams & Workplaces

Replace dozens of Energy Draining Hours of Traditional Training, and Workshops...

with one high energy interactive Challenge that delivers immediate impact.

- **Rapid** awareness of hidden resilience gaps
- **Data-driven** Resilience Index™ report for each participant
- **Improve** engagement & collaboration instantly
- **Reduce** burnout, conflict, and mental health costs

Key Benefits for Organizations

- Immediate results in engagement & awareness
- Measurable insights with the **Resilience Index™**
- A common language for well-being & performance among leaders and teams.
- Reduced reliance on multiple workshops

Choose Your Workplace Resilience Focus

Tailor the experience to your team by choosing from the 9-Dimensions of Resilience:

- Spiritual, Social, Emotional, Occupational, Intellectual, Environmental, Financial etc.

Choose Your Workplace Challenge Options:

- **One hour challenge** - Complete Resilience Index for one dimension.
- **Half-day Workshop** - Complete 3 dimensions and get access to the 30-day emotional wellness cleanse on demand.
- **Exclusive Workplace Resilience VIP Day** - Complete all 9 dimension resilience and gain access to the 90 days **Resilience Clinics**.

Book your fall and winter Resilience Index challenge before October 31st and get a 15% discount. Challenges can accommodate groups of 5 to 9500. Contact us for pricing.

Book Joyce Now!



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Ready to tap into the Currency of Resilience?

Book A Call Now!

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**"Together, let's build the Currency of Resilience™ in
your association."**