

# 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 participants receive 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

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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!**



# Ready to tap into the Currency of Resilience?

**Book A Call Now!**

## **Joyce Odidison, M.A., MCC, CTD**

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