

Building resilient teams

A free trial of the TRES team resilience measure to assess your team's potential to deal with setbacks

Background

In the workplace, teams can face many challenges or disruptions. By giving teams the know-how to anticipate and overcome problems, we can increase their resilience against challenges and take their performance to the next level.

As part a Ph.D. project at the Alliance Manchester Business School, we have developed the Team Resilience Emergence Scale (TRES) that assesses a team's capacity to manage and overcome setbacks at work. The tool helps to identify what teams do to prepare for and manage adverse events at work, which can be used to develop strategies to improve team resilience for future problems. For further validation of the measure, we would like to invite you to try out the team resilience tool and give you an opportunity to learn more about how your team can build resilience.



What does the study involve?

- 15-min Online-Survey (Team members)
- 3-min Online-Survey (Team leader)

Each team member of your team will be invited to complete a 15-min survey that includes questions on teamwork and team leadership. The individual responses will be combined to a team-level score of resilience. We will also ask the team leader to complete a short 3-min survey to rate the team performance which will allow us to assess how the team's resilience relates to their performance.

What benefits can we offer?

If you are interested in testing the TRES team resilience tool, you will receive a result report and we will provide you with some recommendations on how to improve your team's resilience.

Would you like to take part or want to know more? Please contact:

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