

ABSTRACT

The study determines the effects of resilience training on team performance.

An investigation was undertaken to:

- establish a theoretical foundation for using resilience training to improve performance;
- identify parameters and criteria for determining the effects of resilience training on the individual within the team;
- gain insight on how learners experienced the resilience training; and
- whether they implemented the resilience training within the workplace.

This study included the review of literature on various motivational theories, resilience, psycho-education, adult learning and team performance. It also included an empirical investigation on the effects of resilience training on the individual within the team and the team performance as such. Data was collected against the main research question: *What is the effect of strengths-focussed training on team performance?*

KEY WORDS

- Strengths-focussed training
- Resilience
- Resilience training
- Psycho-education
- Adult learning
- Motivational theories
- Team performance