

Being Resilient

Resiliency, often referred to as 'bouncebackability' doesn't eliminate stress or erase life's difficulties. It gives us healthy coping mechanisms to recover from adversities and tackle challenges head-on. To develop resilience, we must first understand our thinking patterns, natural behaviours and emotional reactions before we can then use practical and relatable methods to become and stay more resilient. This one day course will equip participants with a great armoury of tools and techniques to stay resilient in this ever changing world.

What will you learn?

- ⇒ Understand what resilience truly means and why it is so important.
- ⇒ Get an indication of your own resilience levels.
- ⇒ Assess your natural behaviours and reactions and how to change them.
- ⇒ Know what happens with our physiology when under pressure.
- ⇒ Learn the 10 point plan on how to build your resilience.
- ⇒ Create a positive plan of action to help you embed your learning.

What will you cover?

- ⇒ What is resilience
- ⇒ The benefits of being resilient
- ⇒ What helps and hinders
- ⇒ How to help others stay resilient
- ⇒ Our self-perception
- ⇒ The Circle of Influence
- ⇒ The importance of confidence
- ⇒ A range of practical tools to support resiliency
- ⇒ The difference between fact and emotion
- ⇒ Action planning for the future

Who is it for?

- ⇒ Managers responsible for teams and individuals.
- ⇒ People working in high pressure environments that want to deal with setbacks constructively.
- ⇒ Teams wanting to develop a supportive and high performing culture.
- ⇒ Individuals who would like to better be able to bounce back from adversity more effectively.

How long will it take?

One day