



TECHNIQUES TO BUILD RESILIENCE

Overview

The measure of our resilience is how well we cope with setbacks, overcome difficulties and handle pressure. Resilient people exude positivity and we might think that this is just their natural outlook which differs from our own.

The truth is a person's natural resilience is a combination of their character and learned skills. This session will present you with tips and techniques to allow you to learn, adopt and practice resilient behaviours to use now and in the future, inside and outside the workplace.

As a manager/leader it is especially important to build your resilience to cope with challenges, adversities and adapt to changes. Others rely on you for your support and guidance and; to use the airplane analogy; you must put your own oxygen mask on before helping others.

Format

- Half day, face to face session.
- Learning takes place through a mix of presentation, group activities and individual activities.
- Prior to attending the session you will be asked to complete a short questionnaire.

Course Structure

- What is personal resilience
- Interpreting your resilience questionnaire results
Setting actions
- The characteristics of resilient people
- Tips and techniques

Suggested Audience

The session is open to anyone looking at improving their ability to bounce back from the stresses and pressures we regularly experience.

The workshop is run in a safe and open environment where we explore the areas that can impact on your resilience as well as how we can build and maintain our own resilience levels. We will identify some of the things that can reduce those levels and look at the positive steps you can take before it has a negative impact on your physical and mental wellbeing .



“Resilience isn't about toughing it out or living by old clichés, such as 'grin and bear it'. It doesn't mean you ignore your feelings. When adversity strikes, you still experience anger, grief and pain, but you're able to go on with daily tasks, remain generally optimistic and go on with your life. Being resilient also doesn't mean being stoic or going it alone. In fact, being able to reach out to others for support is a key component of being resilient.”