

## **Personal Resilience at Work**

This half day workshop provides space to explore some practical approaches and ideas on how to be more resilient when faced with challenging and tough situations at work. There will be time to learn about and enhance resilient thinking and to explore what resilience is through a resilience model. A range of practical tools and techniques are covered that will support your resilience when you return to the work place.

### **Who should attend?**

Anyone who would like to learn how to become more resilient and to develop their skills in communicating and working with people to achieve positive outcomes.

### **Aim**

To learn how to be more resilient at work in challenging situations and improve their personal effectiveness.

### **Objectives**

- To understand what resilience involves and how to identify and challenge your own beliefs that undermine resilience
- To learn the four pillars of resilience - confidence, adaptability, building support and maintaining a clear perspective
- To understand how to use resiliency tools to help to cope better with the challenge of change
- To review and evaluate learning and have an action plan to take back and implement in the workplace

### **Pre Event Task**

Complete a short worksheet included in the course joining instructions to bring with you to the course.

## **OUTLINE PROGRAMME**

**Welcome, introductions and objectives**  
**Sharing your challenges you want to resolve**

### **What is resilience and what skills do I need?**

- The resilience gallery
- Skills and behaviours checklist
- Peer discussion and learning points

### **The four pillars of resilience**

- Purposefulness
- Adaptability
- Building support
- Confidence

Activities and exercises to boost the four areas of resilience

### **The ABC of Resilient Thinking**

- Learning to recognise and connect feelings and emotions and which ones are activated for you
- Personal ABC plan

Peer support and discussion

### **Tools and Ideas**

- Tools, ideas and tips to take away
- Support and further help
- Drawing up a personal action plan to increase personal resilience

### **Review and action planning**

### **Evaluation**

### ***Flexible Content***

Not quite the right content or approach you are thinking of? No matter. Consider it a starting point to deciding what the ideal programme is for you. This is a generic programme that can be amended to fit specific aims, needs and content.