

Developing Resilience



Duration: 1 day



Maximum group size: 12 people

Course overview

An essential course for managers who are expected to work effectively in an ever more demanding business environment. Delegates will explore the different triggers / situations that may create higher than normal levels of anxiety and develop strategies that will ensure they maintain high levels of performance.

Delivery methodology

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.

Who would benefit from attending?

Managers who want to develop a resilient mindset in order to maintain personal energy levels and sustain high levels of performance.

Core development objectives covered

- The importance of personal well-being at work
- The circumstances that undermine resilience
- Knowing what happens to us when we are under pressure
- Recognising when your anxiety levels are heightened
- Self-perception ~ victim or hero
- How to increase levels of resilience
- Identifying resilient traits & behaviours
- Challenging default behaviours & reactions
- Developing calming strategies & ways of off-loading
- Maintaining peak levels of performance
- Encouraging your team to display resilient behaviour



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

Get in touch with one of our Learning & Development Managers – 01623 409 824 • info@futureproof-training.co.uk