

Developing & Maintaining Personal Resilience

Open Programme

This course will be delivered virtually.
Cost - £245 plus vat, per person

Duration

3 hour workshop

Course Overview

This workshop will equip participants with the ability to manage their stress resilience while maintaining their performance in the face of organisational and personal challenges and stressors.

Core development objectives covered

- The importance of personal well-being at work
 - What is resilience?
 - The difference between stress and pressure
- Knowing what happens to us when we are under pressure
 - Recognising when your anxiety levels are heightened
 - Physical, emotional and psychological signs of stress
- The characteristics of a resilient person
 - Being flexible & adaptable / managing setbacks / change
- Developing personal levels of resilience
 - Combating negative thoughts
 - How to control your feelings
 - Being more objective under pressure
 - What circumstances undermine resilience?
- Creating your personal stress card & action plan
- Identifying the support options available
 - Workplace support
 - Having constructive conversations around stress



For a booking form please contact kellyhatton@futureproof-training.co.uk