

Learned Resilience

Duration and times: 1 day 9.30am – 5.00pm

Group size: 6-12

Investment: £POA

In today's climate, it is less about knowledge and skill and more about our ability to respond effectively to adversity and continue to perform effectively. We each have our own style of responding to change, however resilience and learned optimism are skills that can be taught and will enable us to choose the response that will benefit ourselves and the business.

Models include adversity analysis and a well researched technique for learned optimism, also includes content around reframing adversity and change management.

Audience:

Individuals who are feeling fatigued by change or workplace challenges, those who would benefit from a set of skills that will enable them to feel in greater control and generally more resilient to stresses.

Managers who would like to help others through change or improve morale in their team.

Outcomes:

By the end of the course delegates will:

- Understand how they naturally respond to adversity
- Have identified a number of strategies to increase their resilience
- Appreciate the relationship between resilience and success at work
- Understand how best to respond to change in order to maintain performance.

Training methods:

An interactive programme offering delegates the opportunity to analyse and reflect on personal style and the impact of this. Equal opportunity is offered to share experiences and learn from others to ensure maximum transfer back to the workplace.

Not quite what you want? How about Stress Management & Personal Effectiveness?

