

Personal resilience

Overview

This workshop-based bite-size (half-day) will provide space to explore some practical tools and ideas on how to be more resilient when faced with challenging and tough situations.

Learning objectives

By the end of the workshop participants will be able to:

- Discuss and evaluate their personal strengths and areas for development in being more resilient at work
- Understand what resilience involves and how to identify and challenge their own beliefs that undermine resilience
- Understand the four aspects of resilience – confidence, adaptability, building support and maintaining a clear perspective
- Understand how to use resiliency tools to help to cope better with the challenge of change
- Review and evaluate their learning and have an action plan to take back and implement in the workplace

The expert trainer

Amanda is a highly experienced coach and facilitator specialising in providing leadership coaching, management development programmes and facilitation services to the public, private and voluntary, community and social enterprise (VCSE) sectors. Her work in the public service sector, in particular, has so far extended to facilitation sessions, focus groups, team development, personal effectiveness skills training, customer service training, performance management training, and specialist leadership and management programmes.

Outline

- 1 **Welcome, introductions and objectives**
 - Breaking the ice
- 2 **Identifying current challenges in relation to work**
 - How we handle these challenges
- 3 **Defining resilience and how and why it helps our personal effectiveness and thinking**
- 4 **Resilience skills and how to develop them**
- 5 **Learning a resilience tool that promotes new ways of thinking / working**
- 6 **Review and evaluation of learning**
 - Action planning