

BUILDING PERSONAL RESILIENCE

We often think about our levels of physical fitness, but we tend to pay less attention to how mentally strong or resilient we are. Workplace stress is a significant issue in many organisations and has an impact on individuals' well-being and enjoyment of their role.

This workshop supports individuals to focus on how they can build their own personal resilience (and if they are a manager of others on how they can build the resilience of their team). It also allows individuals to share in a safe and supportive environment.

On completing the workshop you will be able to:

- Understand what triggers you into feeling not at your best/stressed
- Understand the need for balance across yourself, others and your work
- Be more aware of how you are at your best
- Understand your personal values better
- Be aware of your self talk and how it might limit you
- Know what to focus on in order to build your resilience

Format Half-day workshop, face-to-face. Or virtually 2 x 2 hour sessions.

Who should attend? Individuals who wish to build their personal resilience.

Maximum number of delegates 8