

## Building Resilience at Work

### INTRODUCTION

We are in a period of intense change. How will your organisation support your people to be adaptable and resilient so they don't simply 'survive' but, instead, thrive?

Whether you are looking to improve your own personal resilience and wellbeing or wanting to support your team and organisation this course can help by showing you how to actively build coping strategies for these intense periods of change and improve ability to manage stress, build relationships at work and enable you to more easily, and quickly, adapt to future uncertainty.

For an organisation, this helps maintain motivation, health and engagement as well as improving productivity and developing your people.

### COURSE OBJECTIVES

*By the end of the course, delegates will have:*

- **Acknowledged** their personal resilience behaviours and its effect on the performance of themselves, their team and their work.
- **An enhanced** understanding of what being resilient is about and how this can contribute to mental wellbeing.
- **Built awareness** of key tools and strategies available to individuals.
- **An increased** ability to cope with everyday challenges and increases morale through difficult times or times of change.
- **Developed** a better understanding of their strengths and how using these supports resilient behaviour.

**COURSE DURATION:** 1 Day Course

[www.oaktree-training.co.uk](http://www.oaktree-training.co.uk)



## COURSE CONTENTS

### Understanding where you are now

How resilient are you?

Understanding the change curve and developing a flexible approach to change

Knowing how having a lack of resilience affects you, the team you work in and the job you do

Know why a growth mind-set can increase productivity and personal development

What is in and out of your control?

### Take control

Understand your self-limiting beliefs

Know how your self-limiting beliefs affect your resilience

Learn how to view things in a different and realistic way

Tool to visualise success

Improve decision making

Being aware and managing your feelings to stay focussed in stressful situations

### Playing to your strengths

Knowing your strengths and how to leverage them

Reflect on your own style

The effect on your resilience, you, the team and the task when your strengths become a weakness.

### Boost your self-esteem

Understanding where it comes from and what makes you feel good about yourself.

Know how low self-esteem affects you.

Identify what you're good at. What can you feel positive about?

Know how comparing you to others lowers your resilience

### Wellbeing strategies

Physical – nutrition, exercise, sleep

Mental Health - mindfulness

Spiritual - finding joy in life

Emotional – managing stress

### Supporting each other

How to connect and support others

Know how reaching out to others is a key part of your own resilience

Increasing your network

Resolving conflict

### Personal Development Action Plans

Throughout this course there will be a number of practical exercises carried out *which will enable delegates to put into practice much of the theory covered.*

