

# Developing Resilience at Work

Comprehensive 1 day or condensed ½ day in-house

Practical techniques to enhance personal resilience in an ever changing world.

## Course Content

As change in the workplace has become the norm and we are constantly facing new and bigger challenges. When things don't go as planned, it is our ability to bounce back that is essential.

How we handle stress and 'failure' has a strong correlation with the likelihood of future success. For this reason, it's important to develop a set of resilience skills. Resilient people demonstrate great flexibility, high energy, mental agility and consistently perform at their peak.

## Defining resilience

Understanding the implications of a sense of purpose, adaptability, self-confidence and having a support network for personal resilience.

## How resilient are you?

Questionnaire exploring change readiness and personal resilience.

## Overcoming and growing from setbacks

Understanding aspects of adversity which contribute to future success.

## Assertiveness Techniques

Practical tips to re-frame common preconceptions and empower individuals at work.

## Explaining setbacks to ourselves

Identifying key factors which enable us to learn from failure.

## Developing resilience

Exploring the role of diet, emotional intelligence, goal-setting and self-confidence in building resilience.

## Action Planning

## Key benefits

Understand the personal and professional implications of resilience

Overcome and grow from setbacks, by understanding them in the context of personal control

Identify thinking patterns which will help you to deal with setbacks positively

Become more assertive at work

Identify your own change readiness and how this corresponds with resilience

Develop personal resilience and self-confidence

## Duration and format

One day or half day in-house course that can be tailored to specific needs.

## Who is this course for?

- Anyone responsible for teams who are looking to develop their resilience at work.
- Managers working in high-risk environments looking to help their team members deal with setbacks constructively and move on from them.
- Teams wanting to develop high performing, supportive culture and environment.
- Individuals who feel they could benefit from being better equipped to bounce back from failure, setbacks or adversity.

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Additional course detail

## Continue and refresh your learning even after the course...

...all attendees on this course receive FREE access to the exclusive 'Developing Resilience' post course learning area of the Illumine website.

## How can I take this programme?

**In-house courses** - suitable for organisations that want to develop teams or groups of individuals from across the organisation. Programmes can be geared towards your organisation or industry sector with relevant activities, examples and case studies. Discuss your needs with an account manager on +44(0)1753 866633 or email [inhouse@illumine.co.uk](mailto:inhouse@illumine.co.uk).

### Related Courses

Employee Engagement	Creating and sustaining Passion in our workplace.
Time Management	Avoid stress with practical strategies to manage time effectively.
Fast Reading & Super Memory	Get more done and avoid overload through Mind Mapping, speed reading and memory techniques.

### About Illumine

Illumine Training provides management and personal skills development, focused on developing *better brains for better business*.

The range of courses and workshops is split into six business critical areas and are delivered through:

**Public Workshops** - 1 and 2 day workshops.

**In-house Courses** - Specifically for teams or groups from within an organisation, tailoring as necessary.

**FIT Sessions** - In-house bite-size (90 minute) learning sessions designed by Illumine to maximise learning in the minimum time possible.

**Other Options** - E-learning, Facilitation, Coaching, Away-days and Speakers.

### Continuous Development

CPD recognition is awarded on both public workshops and in-house courses, being dependent on the number of hours spent learning. On request Illumine will provide a certificate of attendance for you to use as evidence and attach to your record card.



Management & Personal Skills Development

Learn, Absorb & Understand

Write, Speak & Influence

Creative Thinking & Innovation

Meetings, Facilitation & Coaching

Engagement & Personal Balance

Management & Leadership Essentials

