

# **PERSONAL RESILIENCE WORKSHOP**

## ***Boost your energy and mental agility***



### **Workshop Objectives**

The aim of this workshop is to help you become more resilient. When we are resilient we deal more effectively with the inevitable setbacks and challenges of life, whether in work or in our personal lives. Resilience delivers strength, energy and the ability to remain optimistic for the future, even during tough times.

### **Course Length**

09.30 – 16.30    6 CPD hours

### **Course Outline**

The workshop will explore:

- Understanding pressure, stress and performance
- Identifying the signs and symptoms of stress in ourselves and others
- Supporting others experiencing overload
- A range of healthy habits and techniques that drive personal resilience in the short-term and throughout life
- Creating moments of calm: an introduction to mindfulness techniques to improve focus and manage the stress response
- What will I do differently tomorrow? – creating an action plan

### **Who is this course for?**

The workshop is for anyone experiencing stress and looking for sustainable techniques to become more resilient and enjoy a calmer more productive life at home or work.

### **What will I learn?**

By the end of this workshop you will:

- Have a clear understanding of the difference between pressure, stress and ways in which your daily performance can be enhanced
- Understand the signs and symptoms of the stress response
- Have techniques to enable you to support others who may be experiencing stress or overload
- Be aware of a range of practical evidence based tools to help build mental and physical resilience
- Appreciate your relationship with time and how you can enjoy higher levels of focus and productivity

- Experience an introduction to the benefits of mindfulness practice and how this can be incorporated into real life
- Have created a practical action plan which to inform and support your resilience journey



**Your trainer:**

**Lucy Whitehall, CIPD, Director, Transform and Thrive Ltd.**

Lucy has over 10 years' experience working within HR and employee engagement. She is CIPD accredited and has a Masters degree in human resource management. She now specializes in delivering wellbeing training projects, people development and one to one coaching.

Previous delegate comments on Lucy's courses include:

*"Really liked Lucy's empathetic approach, really engaged me"*

*"Very positive and constructive course - Came away with a realistic and manageable action plan."*