

# Personal Resilience workshop

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## 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.

### Workshop length

09.30 – 16.30          6 CPD hours

### Workshop 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 workshop 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 Whitehall is a Positive Psychologist and Coach. She specialises in employee wellbeing and performance, helping people to access their innate resilience and strengths enabling them to flourish and thrive.

Lucy delivers inspiring workshops and guidance in Mindfulness, Positive Psychology, Mental Wellbeing, Supercharging Sleep, Personal Resilience, Work-Life Integration, Personal Effectiveness, Assertiveness & Confidence, Time and Energy Management, Grit & Growth Mindset, Emotional Intelligence, Managing Change and Personal Branding.

Lucy is an experienced coach trained to masters level. She works with clients from all walks of life including senior leaders, managers, entrepreneurs and business owners.

She also holds a BSc in Life Sciences, MSc in Human Resource Management, and is a chartered member of the Institute of Personnel and Development (MCIPD). In 2018, Lucy qualified with the world recognised Masters in Applied Positive Psychology and Coaching Psychology (MAPPCP), from University of East London.

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."*