

# STRENGTHENING PERSONAL RESILIENCE

Personal resilience is arguably the most important resource for coping well during challenging times in work and in life. This training course introduces delegates to attitudes and behaviours that are likely to increase their ability to cope under pressure, accepting that change frequently creates opportunities as well as problems to be solved.

Emotional stability can help to address a variety of problems such as reducing stress, improving health, dealing with change, increasing flexibility and personal effectiveness.

## COURSE BRIEF

In a world of ever-increasing expectations, the challenge for many people is to avoid excessive stress, anxiety, fatigue, frustration and other negative feelings. The habits you cultivate, the way you interact with co-workers, and how you think about challenges, are all things, which can be managed to increase your happiness and your chances of success. More importantly, it is fundamental to enjoy what you do, get on with others and maintain your wellbeing. Discovering the root causes of stress, and how we can increase our ability to be resilient, will develop greater emotional stability and your life inside and outside work will seem less like an emotional roller-coaster.

*Shaun Archer claimed in the Harvard Business review, "People who cultivate a positive mind-set perform better in the face of challenge."*

## WORKSHOP COVERS:

- Exploring the concept of resilience
- Learning how to develop mindful resilience
- Identifying the triggers that call upon you having to be resilience if the first place
- Understanding the differences between stress management and resilience
- Learning positive coping strategies for challenging times
- Identifying personal strengths
- Develop a personal plan for increasing wellbeing & resilience
- Take time out to connect, learn, take notice, and have fun

## Delivery options:

Bitesize (3.5 hrs) or Full Day

Maximum number: 16

Please contact [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk) for fees