

Building Personal Resilience

Aim

Over recent times many of us have experienced new ways of working and living. Social distancing, the isolation of homeworking, or increased risks of field work, or re-deployment into new roles have all called for increased levels of resilience. As organisations consider what the future working environment may be, with discussions of a blended – hybrid approach we need to continue to build on our resilience and manage our personal wellbeing. So, what can help us to be at our best as much as possible when all around us is uncertain?

Learning how to recognise the signs and symptoms of not coping, stay in control and get help when we need it, and to create new ways of keeping connected and self-care strategies, are essential to maintaining our resilience and wellbeing.

Outline

This webinar covers these key areas:

- Identifying where are you in all of this - ways of being with what is happening. Options for you to try to discharge fears and to find peace in the moment. Why this matters.
- What works and what doesn't - what are you doing to support yourself and who supports you? Understanding what your physiology is wanting you to do and what works even better. Using your EAP support.
- Training your attention - energy follows attention. Focussing only on what you can control, or influence. Using mindful breathing to reset yourself
- Action planning - what is one small thing you want to take away and do from this learning. What can you share?
- The sessions are interactive, covers useful information, Q & As and individual exercises and discussion.

Outcomes

In order to support employees through this time, this short 90 minute webinar provides simple practical tools to equip employees to be as resourced as possible with whatever they have to handle.

- It culminates in setting delegates small developmental tasks to action this learning and to share with at least one other person
- The webinar will support delegates to train their attention - energy follows attention. Focussing only on what you can control, or influence. Using mindful breathing to reset.

Duration

90 minutes

Delivery Approach

Online interactive bitesize session via MSTEams

For alternative platform options please contact WME at info@wmemployers.org.uk

Audience

All employees

Delegates

Up to 8 delegates per session

Investment

WME Member :

£350 + VAT

Non-WME Members:

£420 + VAT

For face to face delivery costs please contact info@wmemployer.org.uk

Enquire Now





Building Personal Resilience – extended learning for surviving & Thriving in challenging times

Aim

Personal Resilience is a practical and engaging which will help participants to develop skills for managing life's challenges in a way that strengthens and empowers.

Although resilience depends in some part on personality, it is also determined by our behaviour and the way that we think and feel. These elements can be learnt so that we can get better at being resilient.

Outline

The webinar is designed to support delegates to:

- Understand the relationship between pressure, stress and resilience and recognise the signs and symptoms of stress.
- Using locus of control to identify where to take action.
- Explore the key ingredients of resilience and understand their own resilient strengths.
- Use their emotional intelligence to identify negative feelings, find ways to release these and identify where best to get support.
- Challenge negative thinking patterns and adopt a more optimistic outlook.

Outcomes

Delegates will develop an action plan of how they can apply the techniques and use the tips explored to build personal resilience.

Duration

3 ½ hours with a break

Delivery Approach

Online interactive session via MSTeams

Audience

All employees

Delegates

Up to 12 delegates per session

Investment

WME Member:

£650 + VAT

Non-WME Members:

£780 + VAT

Enquire Now