

Building Resilient Managers

Aim

Resilience is more important than ever. How we adapt to challenges will have a direct impact on the organisations performance and survival. Resilience is just as applicable to leaders and managers as it is for the employees they lead. Resilient leadership is not only about how leaders maintain and build their own resilience, but can be applied to support team members to do the same.

Outline

The key areas covered will include:

- Understand the relationship between pressure, performance, stress and resilience.
- Identify the signs and symptoms of too much pressure and know when to take action.
- Assess personal resilience against 4 pillars of resilience.
- Reaching out to a range of support both socially and professionally to build your emotional resilience.

Outcomes

Delegates will be better equipped to set healthy boundaries and practices around their energy and how they use it, putting in place practices to support the 4 pillars of resilience.

Duration

3 hours with a break

Delivery Approach

Virtual interactive webinar via MSTEams

Audience

Leaders and Managers

Delegates

Up to 12 delegates per session

Investment

WME Member:

£650 + VAT

Non-WME Members:

£780 + VAT

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