



Discover how to build resilience and improve emotional wellbeing with our workshop on:

Emotional Resilience

This 1 day workshop demonstrates how to enhance emotional resilience, enabling participants to better manage periods of high pressure, rapid change and personal set-backs. Emotional resilience also helps people build strong foundations for emotional wellbeing and greater satisfaction in life.

What are the benefits of this programme?

- Understand what resilience means and the benefits it can bring, both personally and professionally
- Understand that resilient attitudes and habits can be learned by everyone
- Learn how to identify the early warning signs of stress and take immediate action to minimise its impact
- Discover simple techniques for building optimism, self-belief and self-esteem so you're better equipped to manage challenging times
- Learn how to solve problems creatively, even when under pressure
- Develop a greater sense of being in control, even when faced with change and uncertainty
- Develop strong supportive relationships with family, friends and colleagues
- Learn how to bring more 'flow' moments into your life for greater fulfilment in work and in home-life

Background

Resilience can be defined as the ability to flourish, personally and professionally, during times of high pressure, rapid change and personal set-backs. Resilient people have the ability to bounce back from set-backs, solve problems effectively, balance the demands of work and life and minimise the adverse effects of stress. Research shows that resilient people also have higher levels of physical and emotional wellbeing and experience greater satisfaction in life.

This workshop focuses on how to build emotional resilience using simple techniques that can be learned by everyone.



Timing

This workshop runs for one day (approximately 6 hours of learning time), or can be divided into two half-day workshops with practical exercises in between.

Who should attend?

This seminar is designed for anyone who wants to thrive in the modern working world.

How many people can attend?

This workshop can be run for up to 12 people

Investment

Our training fees start at £1250 per day (excluding VAT). Amounts may vary, however, according to number of sessions booked.



During the workshop you will learn how to identify the early warning signs of stress and the actions you can take to minimise its impact. You will also learn a range of approaches for enhancing resilience, including techniques for building positive beliefs (such as optimism and self-belief), reality testing, problem-solving and goal-setting.

Course Content

- The meaning and benefits of emotional resilience
- The characteristics of resilient people (e.g. commitment, challenge, personal control and optimism)
- The four part model of resilience: Physiology, Beliefs, Capabilities and Relationships
- The stress-performance curve
- The concept and benefits of 'flow'
- How to recognise the early warning signs of stress and how to manage the symptoms
- The main pressure-coping strategies: Solution-focused coping and emotion-focused coping
- Emotion regulation: How thinking effects emotions and how to challenge stressful thoughts
- Positive beliefs that enhance emotional resilience: optimism, self-belief and self-esteem
- How to challenge negative or pessimistic beliefs
- How to build optimism, self-efficacy and self-esteem
- Identifying your resources and building your social support network
- How to apply techniques for reality-testing, problem-solving and goal setting (SMARTTEST goals that are inspiring and motivating)

Learning approach

We use a variety of training approaches to engage all learning styles including an action learning approach. There are many practical exercises during the workshop so you can start developing new skills straight away. You will also be able to apply these skills, after the workshop, in different life situations. We provide work sheets with practical exercises and templates for ongoing use after the workshop.

Further learning

We offer a further module on resilience which focuses on building strong supportive relationships. Topics in this session include: the different levels of listening and how to use 'active' and 'deep' listening; learning and practicing assertive communication; and the principles and benefits of empathy and gratitude. To learn more about this module please call **0800 610 2323** or e-mail info@wellnessinsights.co.uk.