

Leadership Series: Resilience

9 October 2018



Course Description

In today's 'always-on' working environment, change is inevitable and employees face constant challenges, which can be overwhelming. Leaders, managers, teams and individuals are susceptible to stress, pressure and setbacks, and disappointment or failure might lead them to unhealthy, destructive, or even dangerous behaviour, or hinder their ability to think clearly or communicate effectively. This can affect employee success and wellbeing and impact on productivity, and in turn, profitability.

Resilience is the ability to cope with setbacks and find solutions to problems and challenges. This course will look at how bouncing back from adversity and hardships, learning from the experience and moving on are key to long-term success in business.

Our one-day workshop will identify the key traits that resilient people possess, and look at ways to foster these in ourselves and others. It will show you how to build resilience and develop a more positive approach to challenges and change, and also help delegates understand how they can develop a resilient attitude to a range of business scenarios that may create a high degree of anxiety. It will help leaders and managers develop a high performing, supportive culture and environment.

Course Content

- Understand the concept of resilience
- Overcoming and growing from challenges
- Examine the implications of resilience, personally and professionally
- How resilient are you?
- Investigate the links between stress, pressure, confidence and resilience and their affect on performance and wellbeing
- Apply concepts from Emotional Intelligence and NLP to develop resilience
- Self-perception
- Coaching and goal setting to build resilience
- Challenging conversations
- Assertive communication
- Design effective strategies to increase resilience
- Produce a resilience development plan

Learning Outcomes

- Understand the key aspects of resilience
- Identify how resilience impacts on health, relationships and performance
- Recognise warning signs of pressure and being overwhelmed in self and others
- Utilise techniques and tools to cope with emotional stressors in self and others
- Generate a personal action plan to effectively manage a demanding work environment
- Display an enhanced level of performance and wellbeing at work

Who should attend

This course is best suited to business professionals who are expected to perform effectively in a highly demanding environment, and those who are responsible for the management of teams and individuals working in high-pressure circumstances.

When

Tuesday 9 October 2018
9:30am - 4:30pm

Where

Central London
United Kingdom

How much

£295 + VAT | Early bird price until 27 August
£349 + VAT | Regular ticket price

Includes training material and refreshments
Discounts available for multiple bookings

Contact

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