



# RESILIENCE COACHING

## ABOUT RESILIENCE



### What is Resilience?

Personal resilience is the ability to cope with extreme stress-provoking events without experiencing any personal stress signs or symptoms. Resilience training can help build personal resilience to withstand such events without developing stress-related problems.

### Why do we need it?

Organisations and individuals face a number of risks and threats at work, which challenge their psychological well-being and therefore their ability to be productive. In addition, they are exposed to the consequences of the economic climate. Building Resilience will contribute to keeping the workforce motivated, engaged, committed and maintaining performance through periods of uncertainty and change, both inside and outside of the organisation.

A one-day Resilience Coaching Workshop will identify the 8 elements that make up resilience in life and work, how to develop skills in all 8 categories

## COURSE OBJECTIVES

- Understand why personal resilience is important
- Understand the central characteristics of a resilient person
- Discover the degree of resilience already established in the individual
- Identify the threats and events of routine and exceptional daily working lives for which resilience is needed
- Understand how to strengthen personal resilience
- Understand how to embed the techniques and exercises into routine daily working lives.





## COURSE CONTENT

### Session one

- Introduction and what is resilience.
- Research proving the case for a productive working life.
- What happens when resilience breaks down?
- What is Presenteeism?

### Session Two

- The Process of being Resilient
- What is my current level of Resilience?
- Why do I need Resilience, under what circumstances?

### Session Three

- The Mowbray Resilience Development Framework
- Strengthening personal Resilience
- Plan for your future with a Resilient Attitude and outlook