

# Developing Resilience in the Workplace

## Who Would Benefit

This course would benefit all employees whether they are in a management role or not helping them to develop a positive and robust mindset.

## Course Overview

Designed for business professionals who are expected to perform effectively in a highly demanding environment this workshop is designed to help delegates understand how they can develop a resilient attitude to a range of business scenarios that may in the past have created a high degree of anxiety.

**CPD Points:** 12

**Course Category:** Management & Leadership

**Recommended No. of Days:** 2

**Course Location:** To be determined

## The Course Includes:

- Welcome, introduction & review personal objectives
- Understand how resilient attitudes and behaviours can be learned
- How to enhance performance and well-being at work
- Be able to sustain performance and effectiveness under pressure
- Regard change as a challenge and an opportunity
- Developing the ability to bounce back quicker from adversity
- Have increased adaptability, flexibility and confidence
- Acquire a stronger sense of control when faced with uncertainty
- Build strong and supportive relationships with colleagues
- Identifying tools and techniques for improving optimism and emotional regulation
- Be able to maintain stamina, logic and effective behaviours
- Stay motivated and focused and help maintain morale in your team
- Change previous responses to pressure to more effective resilient ones
- Review 'real actions' to apply in the workplace
- Review personal objectives
- Summary & close

## Learning Outcomes

- Recognise and explain how your level of resilience has increased
- Display an enhanced level of performance & well-being at work
- Describe how to sustain peak levels of performance
- Show how to develop levels of adaptability, flexibility & confidence
- Explain how your motivation can impact on the morale of your team

 [talent@peopleplus.co.uk](mailto:talent@peopleplus.co.uk)

 [www.pptalent.co.uk](http://www.pptalent.co.uk)

   @PeoplePlusUK