

# Personal resilience for busy professionals

## What is resilience?

The ability, in the face of difficulty, to retain flexible cognitive, behavioural and emotional responses *Neenan and Dryden 2002*.

In addition, it is the ability to mitigate the effects of excessive pressure & stress, bounce back, roll with the punches and deal with challenging situations in a positive and creative way. Resilient people turn challenge into opportunity, and have the ability to be able to continually function physically, emotionally and psychologically to a very high standard.

## Why?

In today's complex, fast paced, rapidly changing world, we all need skills to negotiate uncertain and even risky situations, and resilience to cope with pressure.

We can't always control what happens to us, what we are exposed to, or the stress and pressure that is thrust upon us, but exciting research tells us we can **learn** to be resilient and develop life-skills that can make a massive difference to wellbeing, peace of mind and the true success we achieve in life.

Resilient people have lower levels of depression, develop personally as a result of a setback, have such inner strength they can bounce back from adversity and can make sound, well thought through decisions and act with responsibility in a committed way.

This series of webinars have been designed by the author of the published personal resilience book *10 Actions® to transform your life*. Bernard Genge your facilitator was a medic in the Royal Navy, including during the Falklands conflict and has spent his whole life practising personal resilience. He has put what he talks about into practice completing over 100 marathons and numerous other endurance and charity events.

## Resilience masterclass introduction - 45 minutes

- The starting point - being self-aware
- Emotional control
- The essentials of a resilient mind-set
- Embracing personal change and confidence
- Being decisive and proactive
- Saying 'yes' to the important, and 'no' to the less important
- Preventing and dealing with conflict
- Preventing and managing stress
- Physical resilience
- Building your own support network

All the following modules cover individual aspects of resilience in more depth, and are 1 hour each.

### Module 1 - Self-awareness

- Understanding what resilience is, the benefits and why it is so difficult.
- How we can be more self-aware in key areas as a foundation to making the changes needed to be successfully personally resilient.
- How to accept and embrace personal feedback.
- What being successfully resilient looks like and the components to achieving that status.

### Module 2 – Developing the mind-set and thinking patterns of a resilient professional

- Developing an unstoppable optimistic approach to life - the ‘winners’ mind-set.
- How to develop well-chosen values that determine personal decisions rather than leaving it to impulse.
- How a set of resilient ‘beliefs’ can massively impact a resilient, successful approach.
- Changing the way we think, to change the outcomes we achieve.

### Module 3 – Making impactful personal change and developing the confidence to make that change

- How we resist change and why so much personal change is ineffective.
- Key strategies for making change that works and overcoming our own resistance.
- How to embrace the concept of continuous improvement using a proven model.
- Developing the confidence to make the necessary changes.
- Leading organisational change effectively.

### Module 4 - Taking control of our own destiny and being decisive

- How to make impactful decisions.
- Overcoming procrastination.
- Being ‘proactive’ and focusing on those things we can control.
- How to become a highly inspirational figure that others respect and want to follow.

### Module 5 - Taking a personal leadership role

- How to look forward rather than back through a personal vision & mission
- How to set meaningful goals.
- How to say ‘No’ to things that don’t **really** matter and yes to those things that are truly important and communicate this in such a way it is acceptable to others.
- Building trust with others through your leadership style.

### Module 6 - Preventing difficult situations and how to effectively deal with them

- Preventing challenging situations.
- Being an assertive leader that gains respect.
- How to respond appropriately to challenging situations/people.
- How to give feedback that motivates a change in behaviour.
- How to choose the most effective conflict resolution style.

### Module 7 Understanding others and managing our own stress

- Understanding 4 different personality types to further develop ourselves (continuous improvement) and effectively interact with others
- How to build truly fruitful relationships.
- Understanding our personal causes/triggers of stress, the unique signs in you.

- Managing stress when it is upon us.

#### Module 8 – Physical resilience & building your own support network

- Physical resilience through diet, exercise, drinking water, rest and sleep
- Being proactive in building your own support network