

Building Personal Resilience

- 10:00- 10:15** Introductions, set the scene, agenda, format for the training
- 10:15 – 11:00** What resilience is, why is it important, the benefits personally and organisationally of developing personal resilience, and developing self-awareness
- Emotional control – how to introduce more positive emotions into our life, and control negative emotions
- 11:00 – 11:15** Break and personal reflection
- 11:15 – 12:00** Success, ‘thinking’ like a resilient person and developing a success mind-set
- Developing unstoppable self-confidence
- 12:00 – 12:15** Break and personal reflection
- 12:15 – 13:00** Being decisive, dealing with worries/concerns & embracing change
- Goals, focusing on what you can influence, and planning for success
- 13:00 – 13:30** Lunch break
- 13:30 – 14:15** Physical resilience/wellbeing – what we can do physically and in our environment to develop resilience.
- Responding to challenges and challenging people, assertiveness & resolving conflict.
- 14:15 – 14:30** Break and personal reflection
- 14:30 – 15:15** Managing stress by knowing the real causes, the early warning signs and having a range of coping strategies.
- Having a support network – why, how and the benefits.
- Developing our personal 30-day challenge
- 15:15 – 16:00** Q & A
- 16:00** Close