

## Personal resilience and wellbeing at work

*A unique 'flexinar' programme*

Learning to be resilient remains vitally important for our wellbeing as we emerge from the pandemic and as remote and more flexible ways of working are set to continue. In times of uncertainty it is more essential than ever that we look after ourselves and safeguard our wellbeing and emotional fitness.

This session aims to help anybody who would like to strengthen their resilience or would just like to tap into some ways of managing their wellbeing more effectively at work. The techniques suggested are up-to-date, evidenced-based approaches that will enable you to optimise your personal resilience rather than spend time wading through endless wellness fads and promotions.

Identify what you need to do differently to maintain your wellbeing and prioritise your personal resilience at work. Discover ways to deal with challenges, such as negative emotions and feelings of overwhelm, to help your mental fitness. Take away practical ideas for immediate action.

### Learning objectives

- Understand what resilience is and where it comes from
- Learn about approaches and models that can be used to boost resilience and help you manage your wellbeing
- Discover techniques that provide a foundation for wellbeing and resilience

### Format

A uniquely flexible virtual classroom session. Design your own programme: focus on 'how to' topics, on tools and models, or best practice techniques and new ideas. Or pick 'n' mix as you prefer. Choose one numbered topic for a 45-minute session, two for 60 minutes, three for 90 minutes. If you want more topics, give us a call and we'll discuss the best way of structuring the session for you.

The 'Introduction' and 'Action planning' sessions come as standard to help participants identify what they need to do differently to improve their personal effectiveness.

'Flexinar' menu – **choose any three of the ten numbered items** to create your ideal programme.

(The 'Introduction' and 'Action planning' sessions come as standard, whatever the session length.)

### Introduction

- Thinking about our personal challenges
- Learning objectives

### 'How to' topics

- 1 What is resilience and what are the skills and behaviours a resilient person needs?
- 2 Understanding what your resilience challenges are as the pointers to what to work on

### Tools and models

- 3 Four pillars of personal resilience (confidence, asking for support, purposefulness and adaptability) *(This can also be a full 1-hour 'deep dive on its own')*.
- 4 ABC tool (tackle your negative thoughts that influence how you feel)
- 5 Stress container

### Best practice techniques, tips and new ideas

- 6 ABCDE (challenging internal negative thinking with better responses)
- 7 'Thoughts are not facts' (personal technique)
- 8 Top 5 ways to be resilient at work (tips and help)
- 9 RAIN (for feeling overwhelmed)
- 10 How to practise emotional first aid

### Action planning

- Review
- Personal action planning