

Developing Personal Resilience for Optimum Performance - 1 day workshop

By the end of the workshop participants will:

- Possess an excellent understanding of personal resilience, and the importance of maintaining flexible thinking, emotional and behavioural responses.
- Have a good understanding of the four core components of good resilience and how they interact with one another
- Have explored how to retain creative thinking under significant pressure
- Will know both the physical and mental impact of the bodies stress response
- Have gained an understanding of how individual explanatory styles impact resilience levels and patterns – **ABCDE** Model
- Apply a number of proven techniques and models to improve resilience and adaptability, including:-
 - Re-framing and positive self-talk
 - Mindfulness
 - Visualisation
 - Attentional focus and control
 - Learned optimism
- Have begun to develop an individual resilience blueprint to develop and maintain good levels of resilience

Workshop Overview

Resilience is the ability to bounce back, and retain flexible cognitive and behavioural responses, especially in times of adversity and consistent pressure. As such it is an invaluable skill in today's modern life and, regardless of your current level of resilience it can be improved upon. The aim of this 1 day workshop is to introduce participants to key concepts relating to good personal resilience. Participants will leave with an excellent understanding of what underpins good resilience, and will be equipped with a range of cognitive and behavioural techniques which they can implement immediately to support them in becoming more flexible and adaptable in their everyday responses.

Recent testimonials

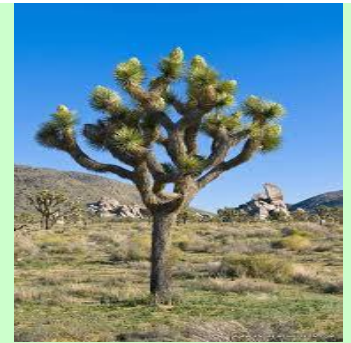
The course is well grounded in research and best practice and provides excellent insight into the topic of personal resilience. The style of the whole event was relaxed but focussed and made for an enjoyable and productive interaction with the other attendees
Dr. Andrew Woodward, Director, Hilltop Partners, High Growth East Midlands

I'd recommend this programme for its practical and insightful approach to the subject. Understanding what builds a resilient character has helped me to focus on my current strengths and to build on them. Small group work with open, frank and confidential discussion makes this a real opportunity to learn and grow.

Louise Third, Director, Integra Communications Ltd

The workshop was really well presented and delivered. Elaine skilfully evidenced throughout the session that resilience can be improved. I would recommend this course, wholeheartedly to anyone interested in understanding and improving their overall resilience.

Mel Davitt, senior nurse practitioner, NHS



Who should attend?

This course is for people at all levels in organisations who want to improve and develop their ability to respond to pressure and change and enhance their overall levels of well being.

Facilitator

Elaine Akester is an accredited executive coach, facilitator and trainer, with 10 years experience in this field. She is particularly passionate about the importance of good well-being for everyone, and resilience is at the core of this. Elaine is an accredited user of MTQ48, an internationally validated and highly respected resilience measurement tool. Elaine speaks and blogs regularly on the topic of resilience.

Contact emintell for further details or go to www.emintell.com

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