

## Building your Resilience 9.00am – 16.30

### Building resilience, maintaining wellbeing

To succeed and thrive today, resilience is an essential skill. Resilience is the ability to respond effectively to pressures, bounce back from setbacks and find the strength to overcome adversity.

**At a glance:** The Resilience Toolbox is an interactive programme designed to build personal resilience. It provides a broad range of practical skills and tools to manage pressure effectively, reduce stress, build resilience and improve performance.

#### Programme Content

Over the course of this 1 day programme delegates will:

#### Understand the psychology of resilience, pressure and stress

- Define resilience and understand its importance
- Discuss the value of positive pressure in maintaining Wellbeing
- Identify their stress triggers inside and outside of work
- Recognise the four categories of stress response

#### Build resilience skills with a selection of tools from 'The Resilience Toolbox':

##### Thinking Tools to develop resilient thinking

- Learn how thoughts have a powerful impact on behaviour, feelings and wellbeing
- Identify the 10 Thinking Distortions/'Stress Critters'
- Understand how to challenge unhelpful thinking
- Learn about the 'Resilient S.W.A.T Team' - the 3 resilient thinking skills
- Practice reframing problems into constructive outcomes

##### Behavioural Tools to develop resilient behaviours

- Identify unhealthy habits and behaviours and develop healthy behaviours
- Learn how to build effective support networks. Know where, when and who to ask for help
- Practice a tool to reward, motivate and appreciate self and others

##### Physical Tools to increase physical resilience

- Learn about the physiology of the stress response
- Recognise the signs and symptoms of stress in yourself and others
- Explore Mindfulness techniques to increase energy and improve focus

##### Lifestyle Tools to establish work/life balance

- Examine areas of lifestyle that may be out of balance
- Redress the balance by identifying daily resilience practices