



Resilience for managers

- Suitable for: Managers, supervisors and team leaders who have responsibility for the welfare of others in the workplace
- Improve managers' resilience and that of their teams, so they are all better placed to deal with the demands placed on them

Part of the
Mental health
training series



Duration, delivery and cost

We can deliver these group courses face-to-face or online, to suit your needs.

Online delivery:

Group size: 8 to 12 participants

Duration: 6 hours (over three sessions)

Online cost: £1,099 + VAT

Face-to-face delivery:

Group size: 8 to 12 participants

Duration: Full day

Face-to-face cost: £1,699 + VAT

In an era of longer hours, tighter margins and frequent organisational change, stress can undermine both the mental health and performance of employees. Better workplace resilience can support psychological wellbeing and improve the performance of individuals, teams and organisations.

A resilient workforce is better able to deal with demands placed upon them and respond both positively and professionally.

Do you:

- Feel your organisation would benefit from a more resilient workforce as well as reduced absenteeism and presenteeism?
- Want your managers to be able to help their teams to be more resilient and work to their full potential?
- Want your managers to promote and support good mental wellbeing in their teams?
- Have an interest in fostering a high-performance and emotionally resilient workforce?

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Great interactive session - unpicking resilience and how to develop it. There was an opportunity to reflect and I can directly relate to my own team. The trainer was helpful, knowledgeable and inclusive.

Fran, EU Skills

May 2019

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Course summary

This course provides a safe and open environment for delegates to discuss resilience and how they can influence their team's resilience.

We begin by considering stress from a number of different perspectives and then explore the relationship between stress, wellbeing and performance. Covering the drivers for wellbeing and HSE management standards, we reflect on the impact we can have as managers.

We look at the ingredients for resilience and how we can develop good habits and strategies and provide opportunities for our teams to do so too.

This course provides delegates with the opportunity to reflect on their own resilience and management style and create their own bespoke action plan to encourage the implementation of the learning gained on the course back in the workplace.

A range of tools, strategies and techniques are explored and practised so delegates are fully equipped to use this following the training at work.

Key topics

- What is resilience and why it is important for the individual, team and business
- Recognising the signs and symptoms of stress and understanding the relationship between pressure, stress and performance
- Considering the drivers of wellbeing and HSE management standards, and reflecting on how as a manager, you can influence wellbeing at work
- Exploring the key ingredients for resilience and how you can use the strategies outlined to build your own resilience and also provide opportunities to build their resilience including:
 - Confidence and how to utilise skills and strengths
 - Strengthening social support networks inside and outside of work
 - Identifying and using our sense of purpose
 - Recognising and addressing negative thinking
- Identifying how we can use “Five ways to wellbeing”



Each delegate will get:

- An understanding of resilience and how it can impact wellbeing, stress and performance in their teams
- A chance to consider their own wellbeing and resilience
- An opportunity to reflect on how they can support individuals to develop their and promote positive wellbeing through their management style
- A range of evidence-based techniques and approaches for building resilience
- Their own bespoke action plan for building resilience in their teams
- A comprehensive in-course workbook
- Access to a site to create their own I-resilience report which they can use with their teams - these reports contain specific individualised tips and strategies.

Your organisation gets:

A summary of feedback in order to show its impact and to identify any further learning needs.

Design and methodology

The course has been developed by qualified training designers in line with the Training Accreditation Programme methodology. This is an industry recognised standard with the aim of ensuring all training activity is structured effectively and learning is embedded.

Training is learner-centred and skills-based with the emphasis on engaging learners in the experience. Clear objectives are set and measured through discussion and both group and individual activities. The modular structure allows delegates to build an individual action plan relevant to their own situation.

Complementary online training courses:

- Mental wellbeing in the workplace
- Building resilient teams
- Introduction to mental health and wellbeing for Customer Service teams
- Mental health and wellbeing for Customer Service teams
- Mental Health First Aid
- Suicide First Aid

About us

We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to support colleagues, and to manage their own wellbeing. All of our training is delivered by a team of experienced consultants who have extensive knowledge and a practical understanding of workplace issues.

Get in touch

If you would like to book, need more information or a tailored quotation, we can help you at:

-  0300 456 8113
-  training@remploy.co.uk
-  www.remploy.co.uk/training

