

# Personal resilience

**Build your employees' ability to manage adversity and pressure their overall mental wellbeing, and reduce the impact of mental health on your workforce.**

## Group booking options:

**Delivery:**

Face-to-face  
Remote

**Participants:**

8 to 12  
8 to 12

**Duration:**

Full day (5 hours + lunch)  
5 hours (over two sessions)

Support employee  
mental wellbeing and  
benefit from a more  
resilient workforce

Equip staff to  
face challenges,  
both personal and  
professional

Enable your  
employees to work to  
their full potential

*Developing your employees' personal resilience could significantly reduce the impact of mental health on your workforce and improve business performance.*

*Resilient employees respond more positively to adversity and are more likely to continue performing well when faced with challenges, as well as being better able to maintain their mental wellbeing.*

## What you'll learn

- What resilience is and why it is important
- The relationship between pressure stress and performance
- Symptoms and cause of stress
- Challenging negative thinking
- Building a social support network
- Recognising your strengths and professional values and using them to boost your resilience
- Five ways to wellbeing

## Who this course is for

Any employee who wants or needs to build their resilience and improve their mental wellbeing. This course can help a team or department who are under particular pressure or who are going through uncertainty and change.

*An interactive course with lots of discussion of different topics. I learnt about resilience and where I maybe fall foul and how I can improve my own resilience. The trainer was engaging and knowledgeable.*

**Cathy, NHS Digital**

## Course summary

We provide a safe and open environment to discuss personal resilience. We'll explore different factors influencing resilience, asking delegates to self-reflect on how these are of benefit to them individually.

Your delegates will learn about the concept of resilience and how it is important in preventing the adverse effects of stress. We consider the relationship between pressure, performance and wellbeing and identify potential cause of stress and the signs to look out for.

We cover the components of resilience and explore practical strategies to support your own resilience.

Delegates are able to reflect on their own levels of resilience and choose tools and techniques that will help them to be more resilient.

The course includes a handbook which is a handy reference guide for ongoing resilience building.

Your organisation will get a summary of feedback in order to show the course's impact – and to identify any further learning needs.

The course has been developed in line with the Training Accreditation Programme methodology, an industry-recognised standard which structures training and embeds learning effectively.

## About us

Our expert team have been delivering workplace training to organisations from all sectors for decades, helping to shape culture and inclusivity of workplaces across the UK. We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and

individuals with a disability or health condition.

All our training is delivered by a team of experienced consultants, who have extensive knowledge and a practical understanding of workplace issues.

## Get in touch

To book, for more information or for a tailored quotation, contact us:

