



Resilience for managers

Support your managers, team leaders, and supervisors to build stronger, more resilient teams and consider their own resilience too.

Group booking options:

Delivery:

Face-to-face
Remote

Participants:

8 to 12
8 to 12

Duration:

Full day
6 hours (over 3 sessions)

Benefit from a more resilient workforce,
with reduced absenteeism and
presenteeism

Enable managers to help their teams
become more resilient and work to their
full potential

Promote and support
good mental wellbeing
in teams

Foster a high-performing,
emotionally resilient
workforce

In an era of longer hours, tighter margins and frequent change, stress can undermine both the mental health and performance of employees.

A resilient workforce is better able to deal with demands, and this course equips managers to spot the signs of stress and bolster their own and their team's resilience and wellbeing.

What you'll learn

- What is resilience and why it is important for the individual, team and business
- The signs and symptoms of stress, and understanding the relationship between pressure, stress and performance
- The drivers of wellbeing, HSE management standards, and influencing wellbeing at work
- Components of resilience, and how to use the strategies outlined to build your own resilience
- How to build team resilience, including recognising and addressing negative thinking

Who this course is for

Managers, supervisors and team leaders who have responsibility for the welfare of others in the workplace.

This course can be delivered on its own or in conjunction with our Personal Resilience training course.



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

Course summary

We provide a safe and open environment for delegates to discuss resilience, and how they can influence their team's resilience.

We'll consider stress from different perspectives and explores the relationship between stress, wellbeing and performance.

After covering the drivers for wellbeing and HSE management standards, delegates reflect on the impact managers can have.

We will also look at the components of resilience, and how to develop good habits and strategies for you and your teams.

Delegates are given the opportunity to reflect on their own resilience and management style,

creating a bespoke action plan to implement their learning back in the workplace.

Delegates receive to a handbook which is a great reference guide for ongoing resilience building for you and your team.

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

Get in touch

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



0300 456 8113



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