



The Resilient Mindset

Duration : 1 day

Course Overview

The aim of this workshop is to provide managers and leaders with the knowledge and confidence to understand the Resilient Mindset and build resilience in times of change and uncertainty.

Learning Outcomes

By the end of this workshop, you will have additional tools and enhanced skills to understand:

- What we mean by a 'Resilient Mindset'.
- Our emotional triggers
- How to respond to difficult situations and people
- How to develop clear boundaries
- What happens when things go wrong?
- Theories and models to build your resilient mindset
- How to regulate our emotions to create healthy moments.

Cour Content

Introductions and objectives for the day

Getting to know the trainer and delegates.
Review of pre course Resilience questionnaire

Foundations for a resilient mindset

By the end of this session delegates will have considered and discussed–
The Resilient Mindset
Understanding stress and its causes
What influences our Resilience
Impact of low resilience

Our Emotional State

By the end of this session delegates will have considered and discussed –
Our belief system
The Frame of Reference
Emotional Intelligence
Thinking fast and thinking slow
Our emotional backpack

Building a resilient mindset

By the end of this session delegates will have considered and discussed –
The growth mindset
Understanding Boundaries

The power of reflection

By the end of this session delegates will have considered and summarised –
Calming the nerves
6 C's Of a resilient mindset
3 R's of resilient
ABC of resilience

Review and Action Planning

By the end of this session delegates will have –
Shared their personal key learning points from today's session.
Created a personal action plan on building resilience.