

Resilience Workshop

Programme Overview

Summary

Resilience is the ability to recover and bounce back from adversity and hardships, feeling stronger and more capable to cope than ever before. The Resilience Workshop will provide you with the necessary skills to achieve this.

WRAW (Workplace resilience and wellbeing) is a psychometric survey that measures individual wellbeing and resilience. Drawing on the results of your personal report, you will build a unique insight into the 5 key sources of resilience (the pillars) and gain an accurate measure of your own strengths and development areas.

You will learn practical strategies, tactics and tools to bolster each pillar and build your resilience to respond positively to the various pressures and demands of the workplace.

Style and Approach

This highly interactive workshop walks you through tools and techniques to build your personal resilience, through discussion, group activities and personal reflection.

On completion of the workshop you will be sent details for to personal access a digital toolkit to help you further develop your personal resilience.

Programme Structure

One day

Audience

Anyone who would like to build personal resilience.

Group size

12 Participants

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Preparing for the workshop

In advance of the workshop, please complete a Wraw Assessment Questionnaire:

- It will only take around 15 minutes to complete
- Once you have completed the questionnaire, you will be able to view, download and print your personal resilience snapshot report immediately
- Please bring along a copy to your session as a point of reference.

Programme Topics

- Recognising early signs of pressure and strain in self and others
- Explore and understanding your report results
- Sustain and renew energy to have the capacity to keep going through challenging times
- Develop your future focus to move forwards without getting stuck or feeling held back
- Identify personal drivers to help you sustain self-belief and perseverance.
- Develop your mindset for positive and adaptive responses to change and challenges
- Build open and trusting relationships
- Promoting a culture of wellbeing

Outcomes

Having attended this course, you will be able to:

- Understand the benefits of creating a culture of wellbeing within a team
- Map yourself and your team on the pressure performance curve
- Recognise the early warning signs of possible strain within the team
- Identify specific tools and techniques to strengthen key pillars
- Understand how to leverage and optimise existing strengths.

How to Apply:

You can self-nominate via Oracle.