Resilience and Wellbeing - hourly workshops

Introduction to Resilience & Wellbeing

Learning to understand your resilience, recognising where there are weaknesses and take steps to build it up which will help you overcome stressful situations. This virtual workshop teaches individuals what resilience is and how to build and maximise their own whilst maintaining their wellbeing.

Content overview:

• What resilience is, where does it come from, why it matters and the benefits
• How our resilience develops
• Signs you may need to develop your resilience
• Individual traits – 'Grit' and a positive mindset
• Resilient teams and crisis management

Best practice for Home Working

During this virtual workshop we will discuss best practice strategies for making remote working as effective as possible to support business as usual.

Content overview:

• Challenges of home working
• Importance of maintaining good routine – work, personal and wellbeing
• Maintaining positive relationships
• How to stay productive – prioritising, setting expectations, avoiding work creep, discover high productivity periods
• Creating your own space – setting boundaries and minimising distractions
• How to stay connected virtually

Building your own personal resilience

Learning to understand your resilience, recognising where it is weak and taking steps to build it will help you overcome stressful situations. This virtual workshop will delve into each area for developing resilience in greater detail so that individuals can produce personal action plans.

Content Overview:

• What resilience is, where does it come from, why it matters and the benefits
• How our resilience develops
• Signs you may need to develop your resilience
• Individual traits – 'Grit' and a positive mindset
• The 5 pillars of resilience: energy, future focus, inner drive, flexible thinking, strong relationships and wellbeing
• Develop Individual action plans

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Maintaining positive relationships

This virtual workshop will look at best practice strategies for maintaining positive relationships both at home and work whilst in a time of social distancing.

Content Overview:

• Maintaining positive domestic relationships – building empathy and develop practical
   day to day strategies
• Managing work relationships and building trust – colleagues, managers and clients
• How to stay connected – regular controlled updates, effective use of video communications and apps

Managing stress and pressure: Making choices

Good stress management is vitally important at any time but at a time of heightened challenge, it is essential that we develop strategies for dealing with it.

Content overview:

• Recognising the signs of stress and the causes
• Look at what you personally find stressful
• Look at different coping techniques to use as soon as you start to feel pressure building
• Mental and physical health
• Boosting your self-belief
• Developing a personal plan

Building effective networks remotely

Networks are always important but at this time of social distancing it is even more crucial to reach out and connect. This virtual workshop will look at how to build networks and improve your personal support remotely.

Content Overview:

• Why is it important to have a good support network?
• Different types of networks
• Maximising and expanding your network remotely
• Develop your personal network plan

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Maintaining self-confidence in challenging times

Looking at strategies which will help maintain your self-confidence and awareness during a time of remote working. It will help you bounce back!

Content Overview:

• Identifying and prioritising values
• Avoiding negative self talk
• Creating a sense of direction through effective goal setting
• Recognising opportunities to demonstrate your skills

Developing your own personal health and wellbeing plan

Learning how to develop strategies for positive physical and mental health and wellbeing.

Content overview:

• Relationship between physical and mental health
• Maintaining emotional balance and optimism
• Recognising the importance of maintaining good physical health
• Techniques for connecting with yourself and others
• Techniques to reflect on the here and now

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