

Resilience in the Workplace

DISCOVER A PROVEN METHODOLOGY TO HELP EMPLOYEES BECOME MORE RESILIENT AT WORK AND IN THEIR PERSONAL LIVES.

Resilience at work is critical. Use a proven resilience framework to optimise personal resilience skills and discover how to make staff more resilient in the workplace.. Resilient employees roll with the ebbs and flows of working life. They bounce back and manage their reactions at work. Are your staff resilient or do they bounce from crisis to crisis with many different emotional states?

How resilient are your people?

Ask yourself the following questions about your people:

1. We are optimistic
2. We manage the way we react to other people
3. We feel composed at work and don't let people get under our skin
4. We flow through tasks rather than fire fight through tasks
5. We value open and honest feedback
6. We have a healthy work/life balance
7. We have a strong understanding of who we are and how we contribute to achieving strategic objectives
8. We work well as a team
9. We remove unnecessary tensions from our daily routines
10. We value exercise and we generally feel good
11. We feel empowered and are not always afraid of making mistakes
12. We bounce back well after disappointment
13. We nip poor performance in the bud and are unafraid of having courageous workplace conversations
14. We recognise the telltale signs of poorly motivated and/or unengaged staff

Teams that respond with "No" to more than 6 of these questions are not resilient enough. These teams don't roll with the punches and operate too often at either end of the performance

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Resilience is the tool that people possess to continually dig deeper.



Oscar Eoin Kennedy



Key learning outcomes

Your **Resilience in the Workplace** program will give participants the skills to:

- Critique individual personal resilience levels
- Scan the resilience levels in the workplace
- Calibrate a resilience scale
- Sail through daily tasks rather than a crisis management approach
- Anticipate struggle points and influence positive outcomes
- Balance work and life
- Scan activities to build resilience levels
- Identify and label common stressors
- Differentiate between positive and negative stressors
- Stay motivated and think with the end in mind
- Manage how you react to events
- Practice showing empathy
- Practice the art of unconditional surrender to events you have no control over
- Recognise the tell tale signs when resilience levels are dropping
- Assemble a career plan and measure your progress
- Critique the usefulness of an exercise and health plan
- Recognise discomfort in other people

Would you like to attend this program?

- For maximum effectiveness, this program is best conducted as an in-house program.
- **Ideal group size:** 4 – 9 participants.
- **Venue:** For your convenience, you can choose to conduct this program at your business premises. Alternatively, we can provide a training venue at a small additional cost.
- **Duration:** This program can be conducted as a one day or half day program.
- **Cost:** Price on request.
- **Target Audience:** Employees, Supervisors, Team Leaders, Senior Managers or CEO's.

If you would like more information on this training program, please contact:
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www.preftrain.com

