



PREFERRED TRAINING
NETWORKS

PATIENCE FOR PATIENTS

"Patience is a virtue." - Proverb

This course will help you develop patience skills and explore strategies for managing difficult emotions. You will learn how to recognize and respond to stressful situations calmly and constructively. You'll become more aware of your triggers and the strong emotions that follow, and you will gain the skills to manage them with clarity and resilience. We'll discuss what it means to practice self-compassion and mindfulness, and how this can influence decision-making and behavior. Through interactive activities and reflective exercises, you will be better equipped to manage frustration and develop deeper understanding of yourself and others.

Key Course Content:

- Develop strategies for increasing patience and tolerance levels
- Identify the traits of four behavioural styles
- Use behavioural styles as the basis for establishing and maintaining professional relationships
- Identify individual strengths and weaknesses
- Describe the anger cycle
- Rediscover the patience of your youth
- Implement personal workplace resilience strategies
- Revitalise personal motivational levels
- Evaluate the impact of disillusioned professionals on patients
- Develop strategies to combat detachment



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.