

# Building Personal Resilience

A one-day workshop to explore the personal skills and strategies that enable people to deal with stress, pressure and constant change



Resilience is the ability to thrive on positive stress and avoid distress. How do we manage the situations that create stress (lack of control, ambiguity, feeling overwhelmed by demands etc) and recover from these with motivation and a sense of well-being? Resiliency experts say that that people are helped by a particular pattern of attitudes and skills that helps them to survive and thrive under stress.

“Simply put, these attitudes are commitment, control, and challenge. As times get tough, if you hold these attitudes, you’ll believe that it is best to stay involved with the people and events around you (commitment) rather than to pull out, to keep trying to influence the outcomes in which you are involved (control) rather than to give up, and to try to discover how you can grow through the stress (challenge) rather than to bemoan your fate.” (Maddi and Khoshaba, 2006)

This Workshop package contains all the materials required to deliver a highly interactive day based on small group practical work, reflection and discussion. It all the required experiential learning activities and coaching resources to illustrate and rehearse skills to help to address commitment, control and challenge.

The workshop includes a licence to deliver the learning to others and is therefore suitable for anyone with a personal or professional interest in building resilience. This includes HR professionals, Learning and Development specialists, teachers and educators, trainers and consultants and operational managers.

There are 4 x 90 minute phases during the workshop:

- Phase 1: Understanding what we mean by resilience, when we need it and how to develop it
- Phase 2: Developing a new range of thinking and coping strategies
- Phase 3: Learning from experience and problem solving as opportunity
- Phase 4: Setting realistic development goals within support networks

This is a 6 hour workshop that addresses the following objectives:

- To develop a better understanding of the concept of resilience and what it means for you personally
- To understand key attitudes and skills that help in developing resilience
- To rehearse techniques that help to manage individual, emotional states
- To improve your ability to learn from experience and treat challenges as developmental experiences
- To create a personal ‘Resilience Development Plan’ for application in the workplace and beyond

The following experiential learning activities are included with this Workshop: Images of Resilience, A6 expresspack, Challenging Assumptions, Workstations, and Building Personal Resilience Coaching Cards.



To add BUILDING PERSONAL RESILIENCE WORKSHOP to your resource library:

+44 141 561 0387

sales@rsvpdesign.co.uk

rsvpdesign.co.uk