



Building Resilience One-Day Open Course Overview

Building Resilience open course

Improve your ability to bounce back from adversity

On our Building Resilience course, you will look at where you already feel resilient and the circumstances that can undermine your resilience.

We will look at patterns, default behaviours, emotional reactions, and expectations.

There will be practical, doable tools and techniques that will help you to build your resilience.

The content of each workshop will be shaped around the needs of the delegates, making the work relevant and practical.*

Ahead of the course, we'll provide pre-course preparation to get juices flowing and the mind focused...

This course will help you with:

- **Understanding Resilience**
- **Recognising Undermining and Supporting Factors of Resilience**
- **Identifying Strengths**
- **Changing Default Behaviours**
- **Determining What Happens Under Pressure**
- **Building Confidence**

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*Course Content

Ladder to Nowhere

- How thoughts can escalate a difficult situation into a catastrophe

Personal Resilience

- Default patterns
- Your resilience strategies

What is Resilience?

- Defining 'resilience'
- Discussing behaviours and emotions
- How resilience is developed

Resilience Cycle

- Something Happens! → First Reactions (instinctive brain usually kicks in here) →
- Thought Gathering → Second Reactions → Stepping Away and Gaining
- Perspective → Getting Support → Solution Finding

Stress Buffers

- Good and Bad Stress
- Tipping Points
- Building in Time Outs for Recovery

What Builds Resilience?

- Emotional Control
- Making Meaning
- Proactivity
- Realistic Positivity
- Elasticity
- Support
 - Solution Finding
 - Self-Belief

Undermining Voice

- Identifying your undermining voice
- Determine how to combat it

Tipping Point

- How you respond to difficulties

Behaviour Change

- Your default emotional response
- Your 'narrative' that helps or undermines resilience

What Breaks Resilience?

- Overload
- Your own mistakes
- Someone else's mistakes
- Unanticipated news
- Difficult managers, colleagues, etc.
- Unresolved conflict
- Sustained criticism
- Emotional or physical shocks
- When things don't go to plan

What Else?

- Humour
- Acceptance
- Seeing the being picture
- Gaining perspective
- Creating a support network
- Knowing how to self-care

Purpose

- Purpose and meaning
- When the going gets tough
- What's really important?

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Values

- Identify and acknowledge personal values

Context

- How resilience and purpose change in different contexts

Circles of Concern

- You will identify:
 - What you are concerned about
 - Where you have influence
 - What you can control

Getting Unstuck

- Identifying underlying issues
- How to move problems forward

Confidence

- Participants build a resilience pyramid
 - Recognised strengths and traits
 - Acquired and developed skills
 - Behaviour that reflects those strengths
 - Strapline to articulate your resilience

Supportive Environment

- Your support structure:
 - What do you already do?
 - What are your calming strategies?
 - Where do you off-load?
 - Does it work?
 - What else do you need?

Building Resilience one-to-one remote training

Benefits of One-to-One Skills Training

This Building Resilience course is available as a 2-hour, one-to-one remote session.

Choose your time. Have a briefing call from your trainer and off you go.

The content of each session will be shaped around your needs, making the work relevant and practical.

- A completely personal, in-depth, and confidential look at your specific issues
- Dynamic, empathetic, and highly experienced coaches
- Get to the heart of your issues with speed and effectiveness
- Delivered online
- Two hours of personal one-to-one attention
- Pre-assessment of the issues you want to cover

Contact details



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