

RESILIENCE & WELL-BEING



Overview

For anyone who wants to increase their levels of adaptability & resilience, this session can be run as a 1 hour webinar or 2 hour VILT and will provide some tangible tools & techniques to help deal with stress, uncertainty & overwhelm & bring back levels of calm and control - boosting mental health & well-being

Purpose	To provide participants with proven techniques to boost their own levels of adaptability & resilience, particularly during times of change, and have a positive impact on mental well-being
Key Objectives	<ul style="list-style-type: none"> • Define resilience & why it's important for well-being • Identify multiple strategies for boosting resilience • Use specific techniques in and out of work to increase well-being levels
Content	<ul style="list-style-type: none"> • The varying impact change can have on an individual's well-being • The change curve roller coaster • Definitions of adaptability & resilience & their impact on well-being • Top strategies for boosting resilience - including mindfulness & PERMA model • How to develop an optimistic perspective & the surprising benefits of defensive pessimism • The difference between a growth vs. a fixed mindset & its impact on learning • Recognising adaptability & resilience in self & others • The adaptability toolkit to increase levels of adaptability & resilience • Uncertainty Filter - deal ambiguity & change • Positive Reframing - bounce back & see the positive in things • Energy Levels - maintain energy levels to stay focused & on track • Conversational 'flip-it' strategies to positively reframe negative events • Using the circle of influence to recognise what is and what isn't within our control • Covey's Circle of Influence to alleviate stress & regain control • The practice of gratitude for mental well-being
Logistics	Each session is 2 hours in duration & will be an interactive session, with breakout rooms and full audience participation. Participants will need to join 5-10 mins before scheduled start time and will need, webcam & microphone on a laptop or mobile device. The session will be run in Zoom and a PDF of all slides & tips will be made available following the session.

