

Resilience at Work

Duration: 1 Day

Introduction

- The Importance of Resilience
- Definitions
- Resilience for Organisations
- Two Key Tasks
- Do's and Don'ts

Resilience at Work

- Bouncebackability
- The Business Case
- Costs & Benefits
- What Drains Resilience?
- Make it Work!

You and Your Resilience

- Born or Made?
- Where do you get it from?
- How resilient are YOU?
- Focus Influence
- Something New
- Stress vs. Pressure

Four Dimensions of Resilience

- Physical
- Mental
- Emotional
- Social

Resilience Toolkit

- Solution Focused
- Building a Platform
- Future Perfect

Mistakes & Progress/Failure & Recovery

- Are you perfect?
- Traps of Perfectionism
- Mind your language
- Recovering from failure
- Fight or Flight?
- The Progress Principle

Teams: Spreading the Resilience

- Grow in Adversity
- Empowering
- Improved Atmosphere