

One Day

Online or Inhouse

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Resilience is best built by focusing on the core skills that combine to enable a person to be resilient. This interactive course focuses on 4 core skills associated with maintaining calmness and stability.

Target Audience

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While this course is primarily aimed at those in leadership, managerial and supervisory roles, it is also suitable for anyone aspiring to become a leader or to build resilience at work.

Course Aim

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By the end of this intensive and fun workshop, delegates will be empowered with practical tools and strategies to navigate the challenges of their leadership role.

Course Objectives

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Delegates will achieve this by:

- Exploring and understanding the daily leadership challenges faced in the workplace
- Implementing proven techniques to develop and maintain mental toughness
- Understanding the impact of emotional stability on effective leadership
- Grasping the importance of control when under pressure and implementing practical tips to maintain control
- Understanding the role of tenacity in resilience and knowing how it differs from mental toughness

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I was delighted that we were able to successfully complete the programme in such a short timescale, thanks to Nigel's commitment and contribution, and would have absolutely no hesitation in recommending his services to others.

Marie Ferris,
Professional
Development
Manager



Perfect training over the past few days. I have enjoyed it and learnt a lot.

Very engaging trainer. Put out of my comfort zone but it was needed to build confidence.

Inhouse Training Participants

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Course Outline

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Pre-course: delegates will receive some pre-course reading and self-assessments covering the 4 core skills to be addressed on this course.

They will also receive a link to an on-line learning platform containing an introduction to the 4 Skillsets in Resilient Leadership.

Morning session – mental toughness & control:

- Connecting the 4 core skills to resilience
- Success factors for mentally tough leaders
- Practical exercises to build mental toughness
- Understanding the concept of control in leadership
- Practical tips to develop and maintain control

Afternoon session – emotional stability & tenacity:

- Impact of emotional stability on leadership
- Developing emotional stability as a learnable skill
- Tenacity vs mental toughness
- How tenacity enables action and confidence
- Actions to develop tenacity


Goal-setting and action planning: doing the right thing

Summary and close

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Contact us

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Not only did he receive excellent feedback from the candidates themselves, but his commitment to the learners and his dedication shone through.

Caroline
Greenlee,
Human
Resources
Manager



Thoroughly enjoyed this training, Nigel. Really brought the topic to life.

Inhouse Training Participant

Nigel has a wealth of training knowledge and can deliver the theory of business training to a high standard. Nigel has the ability to put trainees at ease and encourages them to make the most out of the opportunity.

Deborah
Irvine,
Production
Manager



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