

**One Day**

**Online or Inhouse**

Resilience is best built by focusing on the core skills that combine to enable a person to be 'mentally tough'. This course focuses on 4 core skills associated with dealing with setbacks, failure and negative outcomes.

### Target Audience

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

During this intensive and fun workshop, delegates will be empowered to weather leadership storms and with the skills to thrive and lead with unwavering strength and positivity.

### Course Objectives

Delegates will achieve this by:

- Fostering a resilient mindset by mastering the skill of acceptance, embracing challenges with positivity
- Being able to transform failure into growth opportunities, encouraging a team culture where failure is seen as stepping stones to success
- Applying detachment techniques enabling effective decision making under pressure
- Infusing gratitude into their leadership practices, cultivating a positive work environment and empowering their team to thrive in adversity

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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 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 – acceptance & failure:

- Connecting the 4 core skills to resilience
- The power of acceptance in leadership
- Techniques to accept what you cannot control
- Reframing failure as a part of growth
- Reflecting and goal-setting to overcome fear of failure

### Afternoon session – detachment and gratitude:

- Understanding emotional detachment in leadership
- Practising detachment in decision making
- Role of gratitude in building resilience
- Creating a culture of gratitude in teams


### Goal-setting and action planning: doing the right thing

### Summary and close

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## Contact us

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 [www.etimes2.com](http://www.etimes2.com)

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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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