



The Resilient Leader: 4 Skillsets

Five 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 Skillsets giving delegates an extensive toolkit addressing 15 core skills and a clear path to resilience.

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



By the end of this intensive and enjoyable 5 day course, delegates will be able to continually self-assess and build their resilience, enhancing their leadership effectiveness and enabling them to build a resilient and high performing teams.

Course Objectives



Delegates will achieve this aim by:

- Understanding the concept of resilience and that it can be built by developing and practising 15 core skills
- Implementing proven strategies to focus on the right thing at the right time with patience and calmness
- Demonstrating mental toughness in difficult situations, showing control and tenacity
- Adopting a growth mindset and developing perspective, knowing why they are taking certain decisions
- Dealing effectively with mistakes, setbacks and failure



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



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

Course Outline

Pre-course preparation: participants will be asked to complete a self-assessment prior to attending this 5-day course.

Day One: Introduction

- Introduction, aims and objectives
- Resilience: myths v reality
- Foundation of a resilient team
- Self-assessment
- Personal development plan

Day Two: Skillset 1 – The Right Thing

- 3 Core Skills:
 - Developing focus
 - Acting with patience
 - Positivity: inspiring resilience

Day Three: Skillset 2 – Stability

- 4 Core Skills
 - Developing mental toughness
 - Learning control in tough situations
 - Staying calm: emotional stability
 - Tenacity: how to keep going

Day Four: Skillset 3 – Knowing why

- 4 Core Skills
 - Instilling purpose
 - Gaining perspective: big picture
 - Developing a growth mindset
 - Self-validation

Day Five: Skillset 4 – Setbacks

- 4 Core Skills
 - Acceptance
 - Role of failure
 - Detaching from the experience
 - Habitual gratitude

Post-Course: Consolidation

- Linking the skillsets
- Online materials
- Takeaway toolkits
- Self-assessment
- Action plans



Nigel made everyone in the group feel at ease. He got the message across by breaking everything down into simple sections. Very good. Would recommend.

Contact us