

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 'mentally tough'. This course focuses on 3 core skills associated with doing the right thing at the right time.

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 have actionable strategies to ensure they focus on doing the right thing even when under pressure.

Course Objectives

Delegates will achieve this by:

- Practising proven techniques to direct their attention towards a result and block out distractions
- Knowing how to project control in difficult situations, withstanding loud voices and short-term pressures
- Understanding that resilience is about practicing patience
- Knowing that some things cannot, and should not, be rushed and these things matter
- Keeping their journey to resilience inspirational through positivity

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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

Pre-course: delegates will receive some pre-course reading and self-assessments covering the 3 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:

- Connecting the 3 core skills to resilience
- Understanding the role of 'Focus'
- Practical strategies to develop focus
- Understanding how impatience affects resilience
- Practical tips to develop patience

Afternoon session:

- Understanding the relationship between positivity and resilience
- The power of positivity
- Practical exercises: gratitude, self-talk, self-care
- Tips for cultivating greater positivity

Goal-setting and action planning: doing the right thing

Summary and close

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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