

## 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 4 core skills associated with knowing why you make certain decisions based on information.

## 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 equipped with a holistic skillset enabling purpose driven decision making and a resilient foundation for effective and adaptable leadership.

## Course Objectives

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Delegates will achieve this by:

- Identifying their own leadership goals and purpose and aligning this with organisational purpose
- Demonstrating a strategic approach to decision making based on a clear perspective
- Fostering a culture of continuous improvement through developing a growth mindset
- Knowing who they are and what they do in key leadership situations, promoting self-validation in the team
- Identifying specific areas for improvement and creating a personal action plan to integrate these skills into the leadership role

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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 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 – purpose & perspective:

- Connecting the 4 core skills to resilience
- Defining the purpose in own leadership role
- Role of purpose in resilient leadership
- Using the information available for perspective
- Drawing on experience and learning from other sources

## Afternoon session – growth mindset & self-validation:

- Resilience is something you grow and nurture
- Always be coachable. Always be a student.
- Building a supportive leadership & team environment
- Techniques for self-validation

## 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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