

Resilience Now



Organisations are made of teams. How are yours working?

You want your leaders and managers to maintain wellbeing and performance under pressure but you're not sure how to achieve this. This workshop enables participants to build key skills in resilience and is based on our unique experience in the workplace.

Benefits:

Participants in *Resilience Now* are more able to lead confidently through times of uncertainty and ambiguity, more mindful of themselves and of their impact on the wellbeing and performance of their teams.

Overview:

The workplace today is a fast-changing environment which can create stressful uncertainty. Responding creatively to this challenging climate is a key to success for any organisation affecting recruitment, retention and performance.

Our unique 'Five Fingers of Resilience'™ package focuses on the transforming themes of:

1. Awareness of Self
2. Acceptance of Reality
3. Meaning in the Everyday
4. Invention in Adversity
5. Balance of Mind

Resilience Now is led by experienced facilitators and is shaped around the particular needs and circumstances of the organisation and audience.

Duration:	1.5 Days (on site)
Participants:	10 -12 persons
Price:	£175 per participant plus VAT
Suitable for:	Leaders and Managers