



Leadership & Management Development

- Resilience Through Change

**Audience:**

All Staff

**Duration:**

3 hour on-line
workshop or ½ day
classroom event



Level: Foundation

Resilience Through Change

A series of practical tools, models and techniques to help individuals understand the impact of change on them and to develop personal strategies to maximise their resilience.

Delegates will:

- Understand how change impacts our lives and our own strengths and risks.
- Understand our needs through change.
- Understand how to maximise changes we want to make.
- Develop optimism.
- Create a personal action plan to support the development of personal resilience.

Our Approach

Learning without context rarely sticks and rarely changes behaviour. We focus on integrating learning with work and on the effective application of learning in the workplace. We create a climate of high support and challenge to stretch people to increase self-awareness. During the course our facilitators will deliver seek to:

- **Appreciative Inquiry** - build on clients' successes and strengths, enabling individuals and teams to appreciate what they could do better and what they are currently doing well.
- **Constructive Challenge** - stretch our clients to create new reference points for what they can achieve.
- **Enjoyable** - create an environment of laughter, humour, and emotional engagement.

Related Courses

Foundation



Intermediate

