

EMOTIONAL RESILIENCE – VIRTUAL SESSION

Duration: ½ Day | CourseCode: CONSULTS



COURSE AIMS:

Emotional Resilience is our ability to adapt and bounce back when things don't go as planned. Emotionally Resilient people don't wallow or dwell on failures; they acknowledge the situation, learn from their mistakes, and then move forward. Emotional Resilience is the ability to thrive in difficult, high pressure and fast changing circumstances. Strengthening your personal resilience enables you to recover quickly from setbacks and adversity. It is an essential quality for coping with organisational change and accepting that change can create opportunities. Understanding how pressure and stress impact on your emotional resilience is key to managing yourself well. Managing pressure well will build your emotional resilience which will lead to a happier, more productive, and better performing workforce. In our world of work there is so much pressure to deliver. It's easy to let the instant, the pressure and the immediate overwhelm the important and the longer term. This can erode your Emotional Resilience therefore we turn to Mindfulness to strengthen our Emotional Resilience.

COURSE PRE-REQUISITES:

This programme is for you if you're currently dealing with turmoil as a result of all the changes that are happening today, both economic and political, affecting your work force and your customers alike.

COURSE OBJECTIVES:

On completion of this course delegates will be able to:

- Understand what emotional resilience means
- Use coping skills and strengths to improve emotional resilience
- Manage stressful thoughts with re-framing and positive talk
- Recognise stress in yourself and others
- Learn de-stressing techniques and develop a positive attitude
- Be aware of the power of mindfulness and how to use it daily
- Increase your Emotional Resilience and improve your relationship

COURSE CONTENT:

Introduction and Objectives

Emotional Resilience

- What it is and how to develop it
- Self-Awareness
- Energy Boosters and Drainers

Self-Awareness

- Self-Awareness and self-image
- Having Goals
- The Importance of Image Projection
- The Way We Create Impact

Understanding and Managing our Beliefs

- Changing our Beliefs
- Giving Powerful First Impressions
- Awareness of the power of mindfulness

Understanding Pressure and Stress

- Difference between pressure and stress
- Emotional management- fight or flight
- Managing and preventing stress
- Problem Solving

Positive Mental Attitude

- PMA
- Mindfulness in the workplace enables you to become more Emotionally Resilient
- The power of positive thinking

Action planning

Review of Programme

For more information

Call: **0800 101 7101**

Email: **info@keytraining.co.uk**

