

MENTAL WELL-BEING AND RESILIENCE - VIRTUAL SESSION



Duration: ½ Day | CourseCode: CONSULTS

COURSE AIMS:

Personal 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.

COURSE PRE-REQUISITES:

This workshop is for you if you want to understand how to manage your own emotions and turn stressful events, into positive situations.

COURSE OBJECTIVES:

On completion of this course delegates will be able to:

- Understand what personal resilience means
- Use coping skills and strengths to improve personal resilience
- Solve problems creatively using the Problem-Solving Process
- Manage stressful thoughts with re-framing and positive talk
- Use language - both verbal and written to increase motivation
- Cope with obstacles and disappointments more productively
- Harness the energy of negative emotions for positive outcomes
- Manage change positively

COURSE CONTENT:

Introduction and Objectives

Resilience

- Defining & understanding Resilience
- The power of optimism
- Seeing the opportunity in the crisis
- The role of emotions in decision making

Coping with Emotions

- How thinking effects emotions ABC Model
- Controlling negative thoughts
- Self-talk for success
- ABCDE Model for Optimism

Managing Pressure and Stress

- Identifying triggers
- Physical & emotional responses
- Fight or flight response in a modern world

Positive Approaches to Change

- Understanding the process of change
- Transition Curve
- Best Possible Self exercise

Solution Focused Coping Strategies

- 7 staged problem-solving process
- SMART thinking
- Emotional strategies for coping

Action planning

Review of Programme

For more information

Call: 0800 101 7101

Email: info@keytraining.co.uk

