

Building Resilience (Code: RES)

Evolution-U Personal Empowerment Business Suite

Keynote or Half Day - Foundation



The Evolution-U Personal Empowerment Business Suite is a focused offering of engaging trainings using NLP and other research to provide usable tools for better & measurable performance.

Course Outline

Why do some people suffer real hardships and not falter while others in similar situations cannot regain their confidence, enter depression and lose a few years of their lives? Answering the question “What exactly is that quality of resilience that carries people through life?” Is a game changer and the objective of this workshop.

Building Resilience is a key factor in the drive for personal empowerment, and is a major contributor to individual success. Leaders need resilience both for the challenges they must face and overcome, and due to the need to transmit to their teams that they are in control. In this half day workshop, awareness of the contributing factors around eroded resilience and a toolkit of how to manage them and build resilience is delivered. All participants will develop their individual “Building Resilience Action Plan” so that they can take the principles taught into their lives.

Learning Objectives

By taking this workshop, participants will:

- Analyse stress, what the main causal factors are and the impact it has on our daily lives;
- Learn about the associated conditions of overwhelm, ADT and burnout and how to address each;
- Take an online burnout assessment live in class and use the results to generate awareness of the main risk areas for you individually;
- Develop an advanced understanding of resilience, what it means and how to train yourself to constantly build resilience;
- Learn multiple approaches to managing resilience as building blocks for developing your own tailored approach to building resilience;
- Develop your own ‘Resilience Action Plan’ so that the principles introduced in the workshop are taken into practise!

As well as instructor led presentation, the training uses group exercises to engage participants.

This course is designed for up to 12 people. Additional participants quoted upon request. Level: Foundation.

Course Content

Why we need Resilience

Why do some people suffer real hardships and not falter, while others spiral into depression? How can some people deal with stress as if it was little more than a bad day at the office, and are their skills that are learnable by others to replicate this resilience? The opening session of the workshop explores the question ‘why we need resilience?’, looks at the organisational cost of a lack of resilience, and considers how we deal with the opposing forces of stress and resilience.

The 4 Relatives of Stress

There are four other indicators we need to be aware of that can be impacting our wellness and productivity; Anxiety, Overwhelm, Attention Deficit Trait (ADT) and Burnout are all conditions that can contribute to poor mental wellness and absenteeism. This section offers a general discussion on each of these three variables designed to raise awareness and propose solutions to each.

Burnout Self-Assessment

Participants take a “burnout self-assessment” interactive online survey, identifying the key indicators that should be monitored and addressed based on the results from the live data. This builds the platform for the main application of the session; building resilience and allows each participant to focus their resilience action plan according to their needs.

Defining Resilience

There are multiple factors which impact our level of resilience. In order to build resilience we must first understand what these factors are and where our relative strengths and weaknesses are. The single most important factor affecting resilience is our level of optimism. We analyse the components of optimism and how to avoid the risks of excessive optimism.

Building Resilience

The core deliverable of the workshop is to introduce tools for building resilience. By first analysing key resilience-based research, we develop a strong understanding of the challenges and best practises around building resilience. Participants will learn multiple approaches so they can select the best fit for their individual needs.

Mindfulness & Resilience

In the final section we introduce a simple mindfulness technique that, when applied when applied for 30 minutes per day for 8 weeks has been proven to improve focus, reduce stressors and build resilience.

My Resilience Action Plan

A training is only as good as the actions it generates. Participants are therefore encouraged to discuss best practises in their groups and develop individual resilience action plans that they can use with immediate effect.

Who Should Take This Course

The benefits of personal empowerment through building resilience are not bounded by job title, role or industry sector. Anyone who feels that they are not operating at their full potential, not achieving what they want in their career or relationship, or simply want to improve their focus and results will benefit from this training.

This training course is fully certified by Evolution-U.

**For more information & reservations please contact Jessica
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