Personal Resilience

People are facing challenges in the workplace and in their home lives as never before, and this workshop is designed to help you to find ways to deal with the stress and other problems that high workloads and poor work-life balance can bring.

This workshop explores three different aspects of resilience – stress management, work-life balance and positive psychology. During the day we will begin by examining how stress works, and then explore a range of techniques that can help you to overcome it – both immediate and long term – to find the approaches that will work best for you.

We then develop a realistic and practical approach to reviewing and enhancing your work-life balance, with its important benefits on your work, relationships, and general wellbeing.

Throughout this, we incorporate the results from the exciting and recent field of positive psychology – finding out what really makes us happy and contributes to our well-being and how we can make this a part of our everyday lives.

Summary of Course Content:

- **Stress – The Causes:** How to be aware of stress, and how stress works, including its effects on our health.
- **Stress - The Remedies:** We examine numerous techniques to deal with stress in a positive way, and by exploring a range of techniques, participants are able to put together ways to deal stress effectively that most suit them.
- **Where am I now and what is important to me?** We give you a chance to step back and review your current work-life balance and begin to see where things could be altered, and how this might be achieved. Making sure that work does not affect our personal life in deleterious ways, and that our personal life supports our efforts at work.
- **Positive Psychology** – a fascinating exploration of psychology’s recent focus on what makes us happy, and how we can begin to introduce this into our everyday life.
- **Positive Changes – The Plan:** We can then begin to see what changes we might make, and the strategies we need to deploy to achieve this. Finding the optimal balance that allows us to work effectively and create both a satisfying home and work life.

Designed for:

All Staff

Training Provider: Mike Culley

Cost:

- SBC Staff charge: £130
- SBC/SLA Partners charge: £145
- Non SLA/External charge: £180