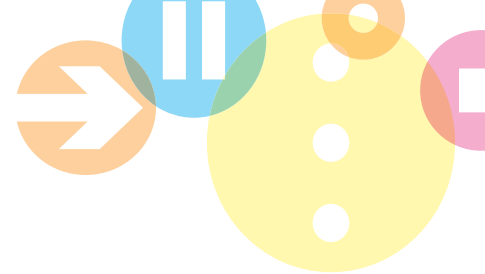

Virtual resilience

Overcoming the challenges of remote working



PROGRAMME OUTLINE:

'Keep calm and carry on' - possibly the most recognisable call for resilience in living memory. The same call is equally valid today - rarely have people been expected to face such adversity, challenge and uncertainty; the world as we know it is changing faster than we could ever have imagined and it impacts every aspect of our lives, working and personal. But what is *resilience*? How do we show it? The good news is that resilience is a practical skill-set, comprising *five key building blocks*, which we can all learn. With awareness, insight and practice we can all develop deeper, more robust levels of resilience to help us navigate the challenges we face (and feel better whilst we're at it). Our *'Virtual Resilience'* programme offers the opportunity to learn the building blocks of resilience in bitesize chunks, with participants joining remotely via virtual sessions.

Module one: 'Foundations of Resilience' (60 minutes)

What is resilience? Is it *'backbone'*? Is it *'getting back up after a fall'*? Is it *'not falling in the first place'*? This foundation module explores the very latest research into what resilience really is. Busting myths and common misconceptions, we'll introduce the key building blocks to a resilient practice.

Module two: 'Inner Resilience' (60 minutes)

This module explores our habits of thinking – our *'inner voice(s)'*. Do you talk to yourself as a *coach* or as a *critic*? How does this impact on your daily life? What do you give yourself permission to do or not do, as a result of this voice? How do your inner thoughts and beliefs make you feel and how does this affect what you do? This module digs into our patterns of thinking – which holds the key to how resilient we feel (or not!).

Module three: 'Outer Resilience' (90 minutes)

This session explores two things.

One: We'll share what happens in our bodies and brains physiologically when we are put into *stressful* situations (these are not always 'big' events, they can be conversations, meetings, social threats...) We'll show how stress affects our bodies, and explore the 'REACTS' domains (which gives insight into the factors that most trigger our stress responses). We'll share practical *'in the moment'* techniques to interrupt the normal *'stress response'* and choose a calmer response.

Two: We'll explore what meaning we often associate with *'asking for help'*, how we set boundaries and what support mechanisms do we allow around us to support our resilience levels?

Module four: 'Perfectionism: the enemy of resilience' (60 minutes)

This session explores what it means to have a *'growth mindset'* and how our assumptions and beliefs about *'failure'* and *'mistakes'* can influence our behaviour, and how we respond to pressure. The way we choose to view a situation directly correlates to how resilient we feel.

Module five: 'Making a habit out of resilience' (60 minutes)

Once we know intellectually what we should do to build more resilience, there's one more step. This session 'hacks into' the science of *habit forming* – and how to turn good intention into sustained, regular action. It offers up some practical, small and highly effective steps that we can take to interrupt old habits, and build new, constructive habits. To turn what we *know* into what we *do*. Repeatedly.

GROUP SIZE: 1 TO 8 PARTICIPANTS

Run as a virtual session – participants can join from any location.

For more information, send an email to info@designed4success.co.uk or call us on +44 (131) 357 0369