

Building Resilience

Aim

Increasing your tools for maximizing resilience in yourself and others.

What's it all about?

Giving leaders the skills to handle setbacks not only enables them to stay focused on the task in hand and make better decisions. It increases the energy they have available to lead others and themselves. This program takes new techniques developed in house that apply to the challenges of leadership - to deal with both small and large adversities.

Why iOpener?

We have an in-depth understanding of this skill set, developed by working in both the leadership arena. And an understanding of resilience, it's causes and effects is a key part of our in-house research. The experience of researching, using and teaching these skills, combined with our business experience ensures that the program is highly relevant to all leaders.

How?

Participants bring examples of setbacks that they have faced with them to the program. They will work on these throughout the session, learning and developing skills in a fast-paced interactive way. By using and applying techniques to personal examples, skills are embedded fast. Learning is personal and meaningful while the skills practical and applicable.

Participants?

A maximum of eight participants allows us to focus and ensure that we meet individual needs. Everyone needs to be willing to talk about issues that they have found tough to deal with.

Outcomes:

Participants will:

- Develop a greater understanding of the factors that affect resilience, how this impacts on leadership style, working relationships and decision-making.
- Develop specific techniques for handling ongoing challenges and 'in the moment' resilience
- Apply different tools in appropriate settings
- Minimise the 'distractions' of small setbacks that get in the way and reduce motivation and energy
- Be able to use the techniques with others to help them deal with adversities and challenges.

Participants cover:

- Defining resilience: what it is and how to identify personal 'triggers'.
- Understanding a cognitive model to demonstrate how beliefs affect behavior
Identifying beliefs that hinder effectiveness
- Recognizing energy and its effects
- Challenging beliefs in order to get to a realistic and accurate understanding of the situation
- Working with tools to build participants' resilience kit
- Minimising the occurrence and impact of setbacks going forward

Target group

Any leader who has been under consistent pressure over a considerable period, or who has gone through difficult times at work.

Duration

1-2 days