

Building high levels of personal resilience can enhance productivity and health while providing you with a more balanced lifestyle. You will explore the optimum level of pressure and how personality, attitudes and situations can lead to the feeling of being in less control.

During this very interactive workshop, you will:

- Gain an understanding of what causes the unpleasant feelings
- Understand your individual traits that impact on your feeling towards challenging situations and people
- Recognise the symptoms of feeling in less control and create solutions to diminish them
- Learn to detect signs of disruptive feelings in their early stages
- Apply techniques to the work environment to control these feelings

Session Outline

- Understanding the times when I'm less resilient
- Understanding and planning 'What can I do next?'
- Regaining personal control in challenging work related situations
- The difference between "I Should" and "I Choose"
- Change and its impact on emotional resilience
- Actions to increase your level of emotional resilience and personal control

Duration

40 minutes

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