



RESILIENT ME FACTSHEET

Building Confidence, Motivation & Leadership

Overview

This workshop package is divided into two halves - one for all staff and the other for managers only.

The first half is designed to inspire staff to be at their happiest and most productive, to help them establish where they currently are psychologically and to build confidence in their ability to move forwards. The second half shows managers how to lead and inspire their teams, whilst being mindful of the need to support any staff who are struggling to adapt to change. This includes a section on how to manage wellbeing conversations.

Workshop 1 (Day 1)

Delegates will be inspired by world leading speakers to understand their current paradigm and know how to shift it to increase motivation and confidence.

This leads nicely into a section on the power of positive thinking and understanding the 'Secret of Luck', enabling them to better manage their outcomes and play to their strengths.

No matter how positive we are there are still days that feel stressful, so we finish with a practical look at top tips for turning those days around.

Results

Delegates will be able to:

- Understand how to react positively to change and to challenges
- Be open to opportunities around them
- Respond positively to negative behaviours
- Identify their strengths
- Identify the key behaviours required to consistently perform at their best
- Increase confidence in their ability to achieve
- Adopt a positive mindset and encourage personal leadership
- Identify their strengths
- Analyse how well they are playing to their strengths
- Set goals to incorporate strengths into life and work



Workshop 2 (Day 2, Part 1)

The day begins by looking at personal accountability and leadership giving managers a common language for success within their team, and a toolkit to help themselves and their team move forwards with increased confidence.

We then look at how to manage transition (the emotional part of change) paying particular attention to supporting those who may be struggling to adapt. This leads on to a short section on using empathy and understanding their impact on those around them.

The workshop ends on a high note looking at the power of a positive mental attitude and motivational leadership. Finally, we look at top tips to help teams stay focussed as we move forwards into the next normal.

Results

Delegates will be able to:

- Master a common language for success and motivation within their team
- Develop a greater sense of self-awareness and understand how to use this on the job
- Be better equipped to manage, inspire and support their team as we transition into the next normal

Continued overleaf



Workshop 2 (Day 2, Part 2))

MANAGING WELLBEING CONVERSATIONS

Depression rates amongst adults have more than doubled in the UK since the pandemic (ONS May 2021). We are all moving forward, however, many people remain severely affected by the impact of Covid-19. This is not going to disappear overnight.

This workshop is designed to support managers to create a culture that recognises and supports members of staff who may be suffering from high anxiety, depression or other mental health issues.

We will look at techniques to support recovery via a coaching style of leadership. However, those managers who offer support to staff in these areas are often exposed to dealing with difficult emotions and to hearing some difficult issues. So, in this workshop, we will also look at how to protect themselves from internalising other peoples' issues.

KEY TOPICS

- Creating an open culture around mental wellbeing
- Understand the pressure curve
- Preparing yourself for a wellbeing conversation
- W.R.A.P. (Supporting recovery from poor mental wellbeing)
- Understanding Empathy
- Become a coaching manager (using the G.R.O.W. model)

