

RESILIENT ME FACTSHEET

Brilliant and Resilient Managers

Overview

Our comprehensive set of management training workshops, titled **Brilliant and Resilient Managers**, has been designed for **Team Leaders and Managers** to acquire the foundational skills essential to become more effective and successful within an organisation.

The complete course is modular and can run over one or more days depending on the modules selected to suit your own specific needs. The full explanation for each module can be found in our Virtual Training Brochure, available to view and download on our website or on request from info@resilientme.co.uk.

Please note that all modules are available virtually or face-to-face.

ACCREDITED BY DISC

DISC is a powerful behavioural assessment tool that can be used to enhance workplace culture, drive engagement, improve teamwork and maximise recruitment effectiveness.



We are fully DISC accredited - ask about how Resilient Me can use this tool to support your company and employees.

Key Topics

- Mastering Hybrid Management
- Expectations of a Manager
- Personal Proficiency
- Communication
- Managing Change
- Accountability
- Resolving Conflict
- Coaching
- Developing and Motivating People
- Leading individuals and Teams
- Influencing
- Managing Priorities
- Performance Management
- Delegating
- Decision Making

Who should attend?

All Managers and Team Leaders

Results

Delegates will be able to:

- Gain a better understanding of themselves, their values and how they align to the role and expectations of a Line Manager within the organisation
- Develop a greater sense of self awareness and emotional intelligence and understand how to use these at work
- Be personally accountable
- Be better equipped to manage their team and to build relationships easily
- Be more resilient at both a personal and professional level
- Further develop themselves personally and professionally, through feedback and reflection, to perform effectively within the organisation and to deal with change and challenging situations

This is a flexible course that is modularised to enable you to select the topics most relevant to your company's needs.

The full training runs for 4 days from 09:30 – 17:00. Each day is spaced one month apart from the last to allow time for implementation, practise and reflection. We aim to make the structure as flexible as possible, so half-day alternatives are available. Also, depending on the selection of modules, the course can be anything from 2 to 4 days long.

If you wish to include our 'Circus of Life' and 'The Best of You' workshops then this can be extended to 6 days.