

Resilience in Change

A one day programme to build and maintain your resilience through change

"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power."

Lao Tzu

No one can really predict what lies ahead – we continue to face unprecedented change and significant challenges and shifts in the way we are working.

Questions like:

- > **"How can we continue to deliver essential services, AND provide even better levels of functionality, AND reduce operating costs?"**
- > **"How can we ensure that the organisation remains truly 'fit for purpose'?"**

Now more than ever you need your people to deliver results and stay resilient and calm themselves.

Focusing on the areas of wellbeing and change we are offering a one day workshop which will help senior managers and managers within your organisation to build and maintain their own resilience – and help others to do the same.

What are we offering?

We create a safe environment where delegates can take stock of where they are, explore letting go of what is no longer working for them and help to resource them to move forward with more confidence and inner calm. In short each participant will leave the workshop with:

- > **Clear understanding of the impacts of change on self and others – and how to manage these**
- > **Practical strategies to manage the pressures and maintain well being**
- > **Tools and techniques to help maintain and build resilience through transition**
- > **Plans and actions that will help to provide stability and grounding in uncertain times**

How will we do this?

1. Understanding change and transitions

- > What you already know
- > What really matters in change
- > Models of change
- > Personal impact
- > Learning and action planning

2. Identifying personal strengths during change and how to draw on these when under pressure

- > What you know about yourself in change and what you may not be aware of
- > Your strengths and attributes in change
- > Reactive and proactive responses to change
- > Learning and action planning

3. Drivers and triggers for stress

- > What you know about the impact that stress has on you
- > Identifying your own drivers and triggers
- > Understanding your own responses to stress
- > Strategies for coping
- > Learning and action planning

4. Wellbeing

- > The fundamentals of wellbeing
- > Staying balanced and grounded
- > What will help you long term and what will help you in the moment
- > Learning and action planning

Who are we

We are experienced organisation change consultants, facilitators and executive coaches. We share a passion for people, and a commitment to support and facilitate ways of enhancing performance and well being within organisations. We work in both the public and private sector helping to create effective relationships and teams in order to maximise business performance. We bring with us our own stories of learning and moving through change and transition.

Judith Underhill and Martin Haworth

FOR MORE INFORMATION:

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