

Course Title: Building Resilience

Target Audience - Open to all employees

Aims of the Course:

Education sector employees report higher levels of stress, anxiety and depression than within many other occupational areas. Resilience can be key to tackling many of these issues by insuring that staff have organisational and personal strategies so that they can “bounce back” from difficult experiences, whether it be inspection, organisational change or conflict.

By the end of the workshop you will:

- Understand what personal resilience is
- Be aware of why resilience is important in the workplace and what factors can impact it
 - Know how to measure and build personal and organisational resilience
- Know the positive impact building resilience can have and design personalised strategies to achieve resilience

9:00AM-9:15AM	Introduction and welcome:
9:15AM-11:00AM	An overview of resilience: <ul style="list-style-type: none"> • What is resilience? • What affects resilience? • The relationship between resilience, stress and mental health
11:00AM-11:15AM	Coffee
11:15AM-12:15PM	Reflecting on your own resilience
12:15PM-12:45PM	Lunch
12:45PM-1:30PM	Building resilience: <ul style="list-style-type: none"> • The role of the manager • Personal strategies
1:30PM-2:00PM	Case study
2:00PM-2:45PM	Developing individual and team strategies
2:45PM-3:15PM	Feedback and Plenary

**Trainer Profile:
AND SO TO SLEEP**

**THURSDAY 2 NOVEMBER 2017
9:00AM – 3.15PM**

**£100 PER PERSON
£50 PER PERSON (HET)**

**LOCATION:
BEECHWOOD JUNIOR SCHOOL
JUNIPER ROAD
SOUTHAMPTON
SO18 4EG**

**ENQUIRIES:
02380 786833**

LUNCH INCLUDED