

# Leading Team Resilience



Duration: 1 Day



Ideal Group Size: 10 to 12 People

## Course overview:

Delegates will explore the different triggers / situations that may create higher than normal levels of anxiety and develop strategies that will ensure that they maintain high levels of performance. We will also develop the manager's ability to identify the signs and symptoms of stress in others and the importance of taking action and providing the appropriate level of support.

## Who would benefit from attending:

This workshop is for managers and leaders who are expected to work effectively in an ever more demanding business environment.

## Core learning objectives covered:

- The importance of personal wellbeing at work
  - What is resilience?
  - Why is it hard for some people to discuss stress?
- Knowing what happens to us when we are under pressure
  - What circumstances undermine resilience?
- Developing personal levels of resilience
  - Combating negative thoughts
  - Using Emotional Intelligence to remain calm & more thoughtful
- The characteristics of a resilient manager
  - Being flexible & adaptable
  - Managing setbacks / change
  - Building trust & engagement with your team
  - Challenging behaviours and reactions

## Identifying stress / anxiety in others

- Understanding the managers' role in developing resilience
- Having constructive conversations around stress and mental health
- Knowing the different support options available

## Delivery methodology

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

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