



Women in Business – Resilience in the Modern Workplace



Duration: Half / 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 ability to identify the signs and symptoms of stress in others and ourselves and the importance of taking action.

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.

Who would benefit from attending:

This workshop is ideal for people in the workplace who want to develop a more resilient mindset to maintain a high level of performance and confidence.

Core learning objectives covered:

- The importance of personal well-being at work
- What is resilience and why is it hard to discuss stress?
- Knowing what happens to us when we are under pressure
- What circumstances undermine resilience?
- Developing personal levels of resilience
- Using Emotional Intelligence to remain calm & more thoughtful
- The characteristics of a resilient person
- Being flexible & adaptable / managing setbacks / changes
- Challenging default behaviours & reactions
- Identifying stress / anxiety in others
- Knowing the different support options available



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

Get in touch with one of our Learning & Development Managers – 01623 409 824 • info@futureproof-training.co.uk