



# EMPLOYEE RESILIENCE AND MINDSET

ONE-DAY PROGRAMME

Through this programme the aim is to enable employees to be better equipped and prepared to deal with day-to-day work stresses and strains, cope with difficult situations and develop more resilient, mentally tough mindsets.

## Key Learning Objectives:

- Understand the importance of personal resilience and mindset
- Develop a positive focus on work and the workplace
- Adapt their approach to work and become more optimistic
- Overcome negative thinking and thought patterns to help ensure business success
- Use tools to effectively build personal resilience and mental toughness
- Develop key tactics to help grow organisational resilience
- Improve workplace communication and relationships through the use of emotional intelligence techniques

## Who will benefit from this training?

This programme is aimed at all employees in an organisation from the most junior to the most senior. All members of staff can benefit from developing more resilient and mentally tough mindsets.

## Methodology

The programme is designed to be interactive, enjoyable and motivational. Participants will be encouraged to get involved and learn through:

- ✔ Workshops
- ✔ Individual exercises
- ✔ Role-play
- ✔ Group activities

Each participant will create a personal learning and action log to guide his or her own development after the programme



## Your Facilitator

Andy Whitehead MBA MSc (Psychology) FCMI. Andy is an Executive Coach and a skilled facilitator, delivering programmes aimed at enhancing leadership and management effectiveness.