



Resilience Webinar

Date:

Jun 09, 2020

Venue:

Webinar

Description:

Resilience means having the ability to bounce back from adversity and there is a lot of interest in the concept at the moment, not only within business but also within the public-sector environment as well. This is because mental resilience is thought to help people to thrive in our increasingly fast-paced, modern workplaces. Sally Percy (2019).

The webinar will take place remotely on the following dates:

- 9 June, 14:00-16:00
- 7 July, 14:00-16:00

Aim:

This interactive webinar will support personal wellbeing by introducing participants to the concepts of resilience, perception, mental health and an understanding of listening skills both for self-support and for offering a degree of support to colleagues and others in an informal way.

Content:

Pre-activities

- ILM Resilience factsheet
- ILM Worksheets on Crisis Management, Grit, A Positive Mindset

Webinar content (2 hours) - Tutor-led Presentation and participant discussion

- Defining resilience
- Understanding mental health in the workplace
- The power of perception
- Recognising signs and symptoms of anxiety in self and others
- Maintaining mental health and supporting colleagues
- The Listening Wheel
- Developing positive thinking and goal setting
- Control, Influence, Accept
- 5 ways to wellbeing

Post-Activities

- Mindset handout
- ILM Spotlight on Positive Mindset
- Revisiting ILM Worksheets on Crisis Management, Grit, A Positive Mindset

TRAINING DETAILS

Course Ref:

CP/20/417

Closing Date:

04/06/2020

Related Courses:

- [Forward to Normal: resetting team culture for a richer future](#)
- [Mentor coaching and supervision – what's the point?](#)
- [How to do 'nothing' in a meaningful way](#)
- [Communicating even better when you understand people's metaprograms](#)
- [Using multiple intelligences to tap into new thinking](#)

Price

Member Organisations: £25

Non-Member Organisations:
£35

(All prices above are subject to VAT)

