

THE RESILIENCE PROGRAMME

Enhancing your personal resilience to improve performance effectiveness

THE IMPORTANCE OF RESILIENCE

IN A WORLD OF INCREASING DEMANDS AND DIMINISHING RESOURCES, WE ARE WORKING LONGER HOURS, SPENDING MORE TIME OUTSIDE WORK CONNECTED TO TECHNOLOGY AND TAKING LESS TIME TO REFLECT, RENEW AND PRIORITISE.

THE CURRENT PICTURE

- **64%** of the population sleep less than 7-8 hours a night
- **73%** find it difficult to focus on one thing at a time
- **64%** say decisions at work are influenced by external demands rather than a clear and strong sense of purpose
- **64%** say that they feel irritable, impatient or anxious at work
- **61%** spend too little time doing what they do best and enjoy the most
- **80%** spend too much time reacting to immediate demands rather than being strategic and focussing longer term

WHAT IS RESILIENCE?

THE RESILIENCE PROGRAMME WILL ENHANCE PERSONAL RESILIENCE AND HELP YOUR PEOPLE TO UNDERSTAND HOW ENERGY MANAGEMENT IMPACTS EFFECTIVENESS AT HOME AND WORK.

Our natural resilience is a combination of learned skills and personal characteristics, but whatever your starting point, this can be enhanced in quality and quantity. Life in the world of work can be like a *'white water rafting experience'* (S Covey), however, it doesn't have to be this way. There are four keys to managing our stress and energy so we are more resilient:

- **SUSTAINING** OUR PHYSICAL BODY
- **SECURING** OUR EMOTIONS
- **EXPRESSING** OUR MIND
- LIVING A LIFE OF **SIGNIFICANCE**

On the hamster wheel of delivering results, we rarely stop to consider what we want, where we should be or how we should be investing our energy. Very often our working practices ignore our basic needs and serve to drain our energy.

“Personal resilience is the capacity to maintain wellbeing and work performance under pressure and be able to bounce back from setbacks effectively (and be better than before).”



DISCOVER HOW TO:

- BE THE BEST VERSION OF YOU - UNDERSTAND HOW TO BE THE **'OPTIMUM ME'**
- CHOOSE TO MOVE FROM **SURVIVING TO THRIVING**
- DEFINE YOUR OWN **'TRUE NORTH'**
- **RECHARGE YOUR 'BATTERY'** TO BECOME MASTER OF YOUR PHYSICAL ENERGY
- APPLY TECHNIQUES TO WEATHER THE EMOTIONAL **STORMS OF LIFE**
- HARNESS YOUR **INNER MENTAL STRENGTH** AND RESILIENCE
- CONSISTENTLY PRODUCE **BETTER RESULTS**
- **ACHIEVE BUSINESS TARGETS** EFFICIENTLY AND WITH LESS STRESS



COURSE OUTLINE

DAY ONE

- Resilience and Energy Management
- Physical Compass Point
- Emotional Compass Point
- Ritual Planning

DAY TWO

- Mind Compass Point
- Significance Compass Point
- Ritual Planning

ABOUT BRAY LEINO LEARNING

Bray Leino Learning is a Learning and Development company with 20 years experience in helping our clients with their training needs. We are in the business of skills change, knowledge change and behaviour change. We want our clients to not just be ready for change when it's unavoidable, but to steal a march on change. Turn it into a great big good thing.

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