



## Resilience Workshop for All Employees

**Suitable for:** All employees

**Number of Participants:** Up to 14 people

**Duration:** 3 hours

### Style:

This is a relaxed, informal session using flipcharts wallboards and workbooks. The facilitator will encourage discussion and questions and guide participants through the exercises and activities. If flipcharts and wallboards are not available, then the session can be delivered through PowerPoint.

### Workshop Content:

- ▶ What is Resilience?
- ▶ Understanding the Impact of Pressure
- ▶ 10 Ways to Build Personal Resilience
- ▶ Support Services

### Intended Outcomes:

Participants will leave the workshop with a greater understanding of the concept of personal resilience and its key features and characteristics. Through the workshop's exercises and discussion participants will learn how to develop their own level of resilience and what additional support is available to them.

## Resilience Workshop for Managers

**Suitable for:** Managers, Team Leaders and Supervisors

**Number of Participants:** Up to 14 people

**Duration:** 3 hours

### Style:

Following a similar style to the employee session, the facilitator will encourage discussion and questions and guide managers through the workshop's exercises and activities, using case studies and relevant examples where appropriate. If flipcharts and wallboards are not available then the session can be delivered through PowerPoint.

### Workshop Content:

- ▶ What is Resilience?
- ▶ Why Resilience is important in the workplace
- ▶ Understanding the Impact of Pressure on Performance
- ▶ Supporting Resilience in the Workplace

### Intended Outcomes:

Managers will leave the workshop with a clear understanding of the concept of personal resilience, its key characteristics and its impact on a team. Participants will learn what key factors enhance resilience, how to implement them in the workplace and how to encourage team members to embrace them in their personal lives.