

The Resilient Mind

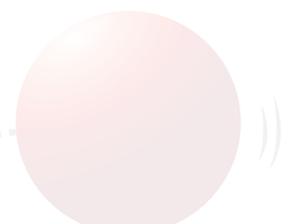
Developing your Resilience Intelligence

Optimus OD believe that the pace of working life and the demands placed on leaders and those that report to them have increased exponentially in the last 30 years. However, there has been little done to enable employees to mentally and physically cope with this increase in pressure and challenge.

There is now irrefutable proof that stressed out leaders and managers usually end up making poor decisions and behaving in ways that at best reduce employee engagement and at worst are considered bullies and invite conflict and serious HR issues.

Essentially our ability to connect, build trusted relationships and collaborate with others will be undermined or defective if we have not developed our Ri or Resilience Intelligence.

Only with this knowledge and enhanced self awareness can we really have a clear view of taking personal responsibility for our resilience, recovery and wellbeing. This workshop offers practical tools, techniques and strategies which can be learned and practiced day in, day out, by just making a few very achievable simple steps.



stress in work
is inevitable
**suffering is
optional**

Using an over arching metaphor of a battery, delegates explore 3 foundational pillars of resilience and as the workshop progresses they learn not only how to increase their resilience day to day but how to build their resilience capacity, essentially growing a bigger and more efficient battery! We reflect upon the most up to date theories on each step and then through group work, small group exercises or personal reflection we transfer this learning and self awareness into a personal yet practical resilience plan.

The workshop is super practical and delivers immediate benefits from the moment the leader or employee attends. What's learned is simple, inspiring and easily repeatable

WORKSHOP OVERVIEW

Step by step through the session, we take a serious and yet light hearted examination of our psychological reactions to challenging events, how and why we label them as stressful and our current ways of dealing with them. The workshop goes on to share practical techniques and the development of a supported resilience plan to enable increased levels of resilience, energy and performance to be sustained.

THE PROGRAMME

Pre Workshop:

- Delegates receive a self coaching log to identify key stresses and current habits around key resilience factors
- Delegates can access a webinar for extra info and support re preparing for the workshop (optional)

Workshop:

- Explore own stress triggers around what depletes our energy and resilience
- Understand how the way we think and respond impacts our ability to respond and behave
- Understanding stress and its implications for us and those we connect with
- Explore the 3 pillars of Resilience
- Learn practical strategies to strengthen the 3 pillars
- Make a practical resilience plan
- Explore the barriers to living this plan

Post Workshop

- 30 second weekly “Booster Shot” emails
- Follow up 1 hour mini group coaching sessions
- Buddy meetings
- Blog articles (For your LMS)
- 2 min on line video’s (available mid 2017)
- Resilience booklet (available mid 2017)

YOUR FACILITATOR

Alec Grimsley

Alec has been developing the resilience of leaders, managers and key employees for over 14 years. Over 4,000 people have attended his resilience workshops and keynote speeches.

