



Workplace Resilience Training

Work can be the most stressful and anxiety provoking part of your life. There are many situations where we feel our capacity to achieve the ever increasing results demanded of us is truly tested. Very often, almost always, this has nothing to do with our technical competence or knowledge. Almost always it is to do with the context of our work.

Although it seems impossible, there are **easy to learn tools and techniques** to assist you in feeling:

- **less stressed,**
- **less overwhelmed** and
- **more satisfied** at work every day, every meeting, every conversation, every day!

WRT works at 'the core' of what is possible to influence; our own awareness, acceptance and action behaviour patterns.

Identify the way you react and get caught up in 'mind junk', rigid thinking patterns that stop you from acting the way you want or leave you feeling stressed or tired.

- ✓ 90% participants report significant improvement of focus, concentration
- ✓ 85% participants report higher than usual self-confidence 6 weeks after the workshop
- ✓ 95% participants improve resilience, feel calm and bounce back when things don't go as planned (results Australia based)

*Workplace Resilience Training is founded on evidence-based techniques that have been proven to reduce stress, improve performance and overall job satisfaction!*¹

Participants new levels of flexibility, resilience and awareness have obvious benefits to their teams, managers and the organisation overall. Research shows that people who are more satisfied at work are more engaged, focussed and productive and less likely to leave their organisation.¹ These techniques were originally developed within a psychological context for the treatment of anxiety, depression and other issues. Success led to them now being used in a wide range of situations for coaching, pain management, even for elite athletes (American Basketball Team amongst others), with remarkable results.

You will increase your ...

- ✓ **RESILIENCE:** Ability to build resilience and become more satisfied with your work.
- ✓ **FOCUS** and **CONCENTRATION:** Ability to achieve your desired aims and goals rather than getting caught up in your mind junk.
- ✓ **ADAPTABILITY:** Ability to modify your responses in different circumstances. Stay calm, engaged and overcome mental obstacles.
- ✓ **AWARENESS:** Ability to recognise your thinking patterns in adversity and use techniques for better results and greater satisfaction.

¹ 2000 Bond, F. W. & Bunce, D. "mediators of Change in Emotion-Focussed and Problem Focussed worksite stress management Interventions." *Journal of Occupational health Psychology*, Vol 5, No1, 156-163.

Additional results from training conducted within Australia with Consultants

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HOW WILL PARTICIPANTS LEARN?

We know that every organisation has different needs and don't presume to tell you that one size fits all. We work with you to determine what elements of this training have the most application to achieve your organisations goals whilst ensuring individual participants are respected.

Our aim in all cases is to have participants leave with practical tools, techniques and skills that they can utilise immediately- that day and the next and the next.

PROGRAM:

- ↳ Interactive presentation of theory and supporting research
- ↳ Case studies
- ↳ Group discussion
- ↳ Lots of experiential skills
- ↳ Practise, practise, practise
- ↳ Book for further development
- ↳ 4 weekly email follow ups

Program Development

This program has been developed using a combination of psychology and business skills which ensures that these unique programmes are scientifically sound, evidence based, as well as being absolutely relevant and accessible to the business world.

They have been specifically designed to assist organisations develop their people in meaningful ways that contribute positively to the individual whilst also impacting bottom line drivers.

We bring specific tools and techniques to the business world, that up until now have only been available one to one in a counselling room. These techniques have been modified to ensure that they are non-threatening and do not require public disclosure whilst remaining very powerful and transformative for the individuals in all facets of their life.

All facilitators are professional psychologists or counsellors, with organisational understanding and experience to ensure maximum contribution and outcomes for participants.

COURSE OUTLINE

- Resilience, the adversity quotient, stress and performance- what they are and how they are linked.
- The nature of the human mind- how we think, why this happens and what can we do with that?
- Who's in charge? Identify your personal thinking styles, adversity reactions.
- What habits do you have now and which ones are working for you?
- Performance: what the elite athletes know that you don't. What is performance and how do you do it?
- Getting out of your mind and into a vital life. Specific defusion techniques for those thoughts that keep coming to us and go around and around in our heads!
- How to respond and not react- every time- even in stressful situations! MINDFULNESS
- So what do you really want, no really- what are your values and why does it matter?
- 5 steps to work satisfaction.
- Know what gets in the way of change for you!
- How to maintain your skills after the workshop.