

Workshop Series for Leaders

A. The Resilient Leader: Leading through uncertainty and change

We have curated these workshops/ webinars for workplaces around content that CEOs and HR leaders have told us respond to their most pressing needs.

They have been structured and sequenced into two distinct series – one an intro to resilience, the second focusing more tightly on managing stress.

Time: 4 x 1-hour workshop
[choose 4]

Workshops are delivered by our team of National Trainers — face to face, as webinars or blended to suit your organisation.

1. **Resilience: The what, why and how**
 - What resilience is and is not
 - Why resilience is important
 - Practical tips and strategies you can put into practice to support your own resilience and wellbeing
2. **Mental Agility: A core resilience competency**
 - Why psychological flexibility is vital for coping well in uncertain and changing times
 - A practical strategy to put mental agility into daily workplace practice
 - Why 'realistic optimism' is an important resilience tool
3. **Thinking Traps: What they are and how to avoid them**
 - How our own thinking can get in the way of resilience
 - Identifying thinking traps and when we tend to fall into them
 - Working with common thinking traps and their antidotes
4. **Positive Emotions: Why they matter for resilience**
 - Why positive emotion fuels sustainable performance
 - Identifying your positive emotion buffers and resets
 - Leadership strategies that generate positive emotion in staff
5. **Meaning & Purpose: Finding your why at work**
 - We can survive any 'what' if our 'why' is clear
 - Understanding the links between meaning, motivation and resilience
 - Making work meaningful by finding your 'why' at work

B. The Resilient Leader: Managing stress and avoiding burnout

Faced with increasing workload, hyperconnectivity, and spiralling expectations, this series provides critical tools for leaders to manage stress and burnout in themselves and their teams.

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1. Strategies to avoid burnout

- Understanding burnout (how it differs from stress)
- Organisational strategies for keeping burnout at bay
- Personal strategies: protecting yourself and others

2. Harnessing your mindset for growth and performance

- Why mindset influences learning, people management, and high performance
- Recognising your fixed mindset triggers
- Tools and tips to stay in the growth zone for effective leadership and learning

3. Overcoming self-sabotage: removing the handbrakes to high performance

- How perfectionism undermines creativity/ high performance and what you can do to overcome it
- The power of vulnerability for transformational leadership
- How self-compassion can enhance motivation and performance

4. Managing stress

- Understanding the difference between good stress and bad stress
- Harnessing your stress for peak performance – what elite athletes have always known
- Creating your Personal Stress Plan (PSP)