

Stress Resilience session – example outline

We can deliver the session in any of the following ways:

- Two-hour micro session
- Morning or afternoon half-day session
- Full day workshop
- A speaking slot

Below is an example session outline. However, we tailor the session to cover a range of issues depending upon your needs.

Purpose of the session

- Evaluation of how effective current mindsets and attitudes are in terms of stress resilience
- The empirical research into the mindsets and attitudes of highly stress resilient individuals
- Equip delegates with the tools, techniques and strategies to build stress resilience
- How to maintain peak performance in tough times. To include, exploring ownership, responsibility, choice, flexibility, problem resolution and option generation
- To promote understanding into how others might tick including clients, staff and employees

Session outline

- Introduction, aims and objectives
- Current mindsets and attitudes
 - Diagnostic questionnaire & investigative exercise
- How helpful these are in terms of stress resilience

- Research
 - What successful, stress resilient people do
 - Relevance and findings in relation to self
 - Exercises to explore research concepts
- Mindsets and strategies of stress resilient people
 - Exercises to explore and model strategies and mindsets
 - Consequences of learning in terms of self, staff and clients
- Techniques for building stress resilience
 - Exercises
 - Consolidation and summary
- Conclusion

For more details about our sessions or to discuss your needs please give us a call or email us.

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