

Building Personal & Team Resilience

There's no doubt we are living through a period of unprecedented challenge and change - one which is sorely testing the resilience of individuals, teams and organisations.

The good news is that tough times like these bring out the best in many of us. There has been very rapid learning through the pandemic about tools and approaches which can protect and build our ability to succeed in the face of adversity.

This session, run over one day or two half-days, will provide participants with the opportunity to pool experience of what has helped them make it through the last two very difficult years; and to learn from the evidence and current thinking about what we can do to stay personally strong, and create an environment which helps teams withstand pressure and continuous change.

Grounds for optimism

Evidence from around the world showing how normal people and typical work teams have managed to grow, thrive and innovate through high pressure and uncertainty

Your personal resilience assessment

Working with a peer coach to interpret the results from your online assessment

Tools and techniques for personal resilience

Interactive trial of a range of approaches related to aspects of resilience including:

- Clarifying your purpose
- Working on self-esteem and self-confidence
- Acknowledging and maximising personal strengths
- De-cluttering the mind
- Boosting physical wellbeing
- Building a positive network

Team resilience assessment

Exercise to help you pinpoint the greatest risks to your team's resilience, followed by assessment of options for action as a line manager

A healthy team environment

Final section reviewing ways in which line managers can use core team processes and communication to build an environment of psychological safety, where everyone contributes to maintaining a healthy balance.