



## Personal Resilience and Wellbeing

Resilience is the ability to 'bounce back' after being stretched or under pressure. It is about recognising when you are pressurised or stressed and working out how to effectively manage that so that you don't break and can readily recover from setbacks.

At Wildgeese Leadership we provide Personal Resilience and Well-Being workshops to individuals and organisations, enabling them to cope with the everyday demands.

The interactive workshops cover what affects your resilience, how to identify when you are under pressure and then takes steps to alleviate that. Because everyone is different the workshop offers a range of practical tools to build resilience so that you can take away solutions that will work for you.

You will learn more about yourself, your way of being, what your strengths are in relation to resilience, how you may get in your own way and how to take the steps to improve your resilience and wellbeing.

Topics/Subjects covered include:

- Understanding what resilience is and isn't
- Identifying the potential impact of not managing your resilience
- Recognise what happens physically when under pressure and prolonged pressure
- Identify your strengths in relation to resilience
- Explore the interaction between the mind and the body and personal resilience
- Look at default behaviours/responses and how to change
- Identify and explore practical and realistic tools to build your own and others' resilience and productivity
- Learn ways to support others who are under pressure
- Have fun whilst learning and working with others

Not everyone needs support all of the time, but everyone should be conscious of their own wellbeing and how their job and personal life may affect it.

Our workshops utilise a wide range of strategies and outcomes to ensure that participants leave feeling confident, positive and empowered. By improving your resilience and wellbeing, you will also become a source of strength and support for others, creating improved relationships with colleagues, family, and friends.

Please get in touch if you would like more information, or to book one of our programmes.

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