



RESILIENCE

How to Turbocharge your Everyday



HEALTHCARE SKILLS
Training International



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INTRODUCTION

RESILIENCE – How to Turbocharge your Everyday

The key to achieving successful outcomes and career longevity in today's workforce environment is Resilience. Resilient people have good situational awareness and are aware of events, their own reactions and the behavior of those around them, they stay in control and think in 'real time' of new ways to approach their problems. Resilient people have the skill and drive to stay focused on their objectives in spite of setbacks, or barriers, or limited resources.

The good news is that Resilience can be built, and this 360 programme develops and practices how you can strengthen your Resilience.

Our course offers a more confidential, 'do it when you have time', personalised approach. Our innovative blended-learning 'REsilience: how to turbocharge your everyday' course is preferred by many busy professionals, it includes:

- Neuroscience of stress
- Resilience and strategies to manage pressure (on self and others)
- Achieving and Maintaining Accountability in self and others
- Application of enabling strategies and resilience to manage pressure and avoid stress

Progress through the course has a relaxed time frame of four weeks.

THE COURSE

RESILIENCE – How to Turbocharge your Everyday

The key to achieving successful outcomes and career longevity in today's workforce is resilience. There are two options, and you can choose which works best for you:

REsilience programme: A 360 self and peer evaluation-survey, to be completed by you and 7-10 of your 'close others' which is analysed. We issue you with a personal report which gauges your personal strengths and coping skills. Study materials are provided via our learning management system for you to work through, taking in its associated materials and completing its exercises. This all gives you insight into how and what to change, to boost your productivity.

REsilience Programme with Coaching: This is our REsilience Programme, plus a one-to-one personal coaching session, which you book when you are ready and the course is otherwise complete. Meeting on a 'virtual' platform, you and your coach discuss your 360 evaluation report and completed exercises, so that your bespoke plan for change takes shape and your goals develop and are agreed. A subsequent follow-up coaching session changed if your coach agrees that additional support might help.

If you choose the first of these options, then change your mind once you have started the course, wishing you had opted for coaching as well, there's a coaching 'add on' available on our website to give you full flexibility once you have completed the Resilience programme.

This course attracts five CPD hours, certified by CPD Certification Service.



“The REsilience programme was incredibly useful in identifying positive and negative behaviours, and providing a toolkit to do more of the good and less of the bad.”

Derek Hamill, Partner, Head of Corporate, Gilson Gray LLP
(Testimonial from Resilience with Coaching course)

3 STEP PROGRAMME

RESILIENCE – How to Turbocharge your Everyday

REsilience

Turbocharge your everyday

Welcome to your personal REsilience programme

In this programme, you will learn techniques to reinforce and motivate yourself, in every situation and interaction. You will turbo-charge your capacity with a fast and effective modular approach to help you 'get out of your own way' to do and achieve more with less friction and less stress.

Our evidenced-based 3-step programme will be applied to your personal situation making it easy for you to implement.

3 Step Programme

1. Anonymised confidential REsilience online survey for you and up to 15 of your friends, family and work-mates, to send back within two weeks
2. Completion of a self-paced online REsilience course including flip-book, activities and exercises
3. Book your one-to-one Coaching session if you selected this option. You can purchase an 'add-on' if you didn't, then change your mind

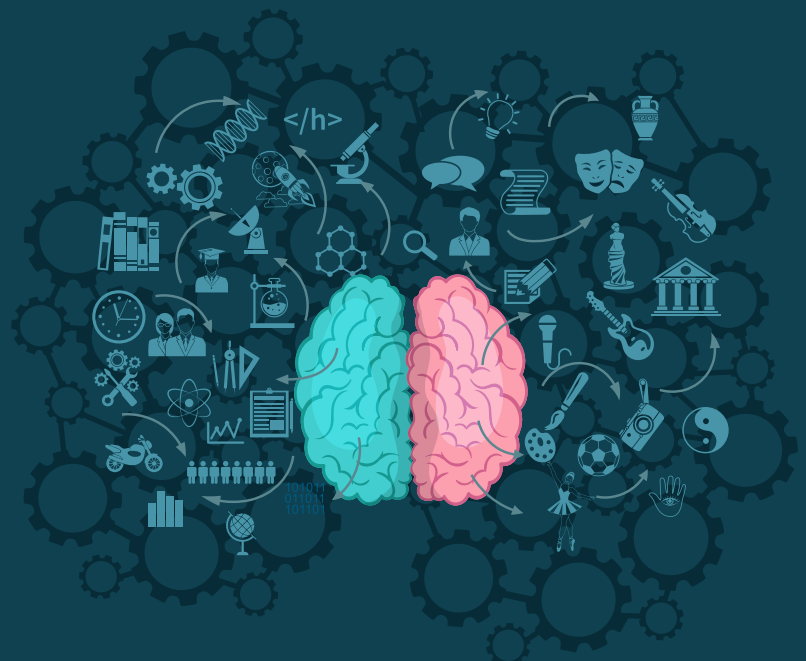


Learning Management System easy and intuitive



1-2-1 Coaching Sessions signposting support

- Team Building
- Neuro Mechanism
- Leadership Support
- Human Factors



YOUR 360 SURVEY

RESILIENCE – How to Turbocharge your Everyday

The self-paced 'Turbocharge your everyday' REsilience programme has been carefully designed to reflect the many aspects of resilience that you can use to optimise performance and ensure that you perform at your best.

With the tools in the programme, you can build on your existing strengths and work on your priority areas.

The results from your self-assessment and your peers' assessments will be analysed and simplified to help guide you to start your own Resilience Development Plan.

The overall goal of this self paced programme is to help you 'Turbocharge your Everyday' by practicing your skills more often and consistently each and every day.

Fire RED PRIORITY areas:

These are your areas to focus on first. Just like in first aid. Areas that you or your peers have marked as 'rarely seen'. Prioritise these areas.

Alert AMBER DEVELOPING areas:

These are areas that you or your peers have marked as 'sometimes seen'. These you can choose to work on doing more often, after your priority areas.

Go GREEN STRENGTH areas:

These are areas that you and your peers have marked as 'often or 'always seen. Use these strengths to help you build your priority or developing areas.



COURSE OUTCOMES

RESILIENCE – How to Turbocharge your Everyday

Neuroscience of stress, resilience and accountability:

- Understand the differences between pressure and stress; honesty about feelings and positivity and their respective impact on resilience and work performance.
- Identify the underlying mechanisms involved in coping with pressure and invoking stress reactions.
- Develop and evaluate an ethical, evidence-based neuro-science approach to strengthen resilience in order to stay alert and engaged, even in challenging situations.
- Develop an effective neuro-science approach to achieve and maintain accountability in the field.

Using neuroscience-based strategies in practice to manage pressure without stress and maintain accountability:

- Correctly apply evidenced-based strategies to hold self and others accountable for the completion of agreed goals or targets.
- Develop and implement evidenced based remedial steps to address situations when agreed goals have not been met.
- Develop and implement preventative measures to promote accountability and trust in professional interactions and avoid repetition of previous lapses or missed targets.



RESILIENT PEOPLE HAVE:

AWARENESS - SITUATIONAL & SELF:

Honestly appraise own self & what is happening

COMPASSION & EMPATHY:

Considerate of others and other points of view

RESOURCEFULNESS:

Can find solutions with what's at hand

HUMILITY:

Put things into perspective and ask for help when needed

HEALTHY BRAIN & BODY

These skills help us face our challenges and recover from set backs. Fortunately, they can be developed and strengthened

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