



## Resilience Webinar

**Date:**

Jul 07, 2020 14:00 - 16:00

**Venue:**

Webinar

**Description:**

Resilience means having the ability to bounce back from adversity and there is a lot of interest in the concept at the moment, not only within business but also within the public-sector environment as well. This is because mental resilience is thought to help people to thrive in our increasingly fast-paced, modern workplaces. Sally Percy (2019).

**Aim:**

This interactive webinar will support personal wellbeing by introducing participants to the concepts of resilience, perception, mental health and an understanding of listening skills both for self-support and for offering a degree of support to colleagues and others in an informal way.

**Content:**

**Pre-activities**

- ILM Resilience factsheet
- ILM Worksheets on Crisis Management, Grit, A Positive Mindset

**Webinar content (2 hours) - Tutor-led Presentation and participant discussion**

- Defining resilience
- Understanding mental health in the workplace
- The power of perception
- Recognising signs and symptoms of anxiety in self and others
- Maintaining mental health and supporting colleagues
- The Listening Wheel
- Developing positive thinking and goal setting
- Control, Influence, Accept
- 5 ways to wellbeing

**Post-Activities**

- Mindset handout
- ILM Spotlight on Positive Mindset
- Revisiting ILM Worksheets on Crisis Management, Grit, A Positive Mindset

### TRAINING DETAILS

**Course Ref:**

CP/20/417

**Closing Date:**

04/06/2020

**Related Courses:**

- [Forward to Normal: resetting team culture for a richer future](#)
- [Mentor coaching and supervision – what's the point?](#)
- [How to do 'nothing' in a meaningful way](#)
- [Communicating even better when you understand people's metaprograms](#)
- [Using multiple intelligences to tap into new thinking](#)

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**Price**

Member Organisations: £25

Non-Member Organisations: £35

(All prices above are subject to VAT)

