



Resilience for Results

Details

Duration:

2 Days + 2 one-hour Personal Coaching Sessions

Region & Dates

Dublin:

Delivery: May 1 & 2
Coaching Session 1: May 3
Coaching Session 2: Online via Skype – date TBC

Time:

9.30 am– 5.00 pm

Venues:

Ibec
84-86 Lower Baggot Street
Dublin 2

Cost:

Ibec member: €1,100
Non-member rate: €1,300

Programme Overview:

For those in management roles, both work and life are becoming more challenging and stressful. This in turn may impact on the way that individuals respond to pressure and challenge in the context of a working environment. A significant factor in managing stress is to develop one's own Personal Resilience which can have a positive impact on both individuals and their organisations.

The **Resilience for Results Programme** enables participants to understand the context within which they work and how best to perform under pressure and improve wellbeing. Participants will learn about Mental Toughness and how applying this particular approach to challenge, stress, and pressure can result in greater tenacity, a positive 'can do' attitude, and increased personal resilience under pressure.

This Programme comes with a workbook which enables participants to personalise the Programme to their needs as well as providing information about tools and techniques.

Programme Outcomes:

On completion of this Programme, participants will have a practical understanding of:

- The organisational and personal context for Resilience
- Current personal levels of Resilience using the MTQ48 measure
- The nature of challenge, the sources of stress and pressure, and the consequences of these on performance and wellbeing
- Individual strengths and development needs in dealing with stressors, pressure, and challenges
- Tools and techniques to deal and/or cope with stressors and challenges – including the opportunity to practice them
- Creating a Personal Resilience Action Plan

Who Should Attend?

This Programme is designed to meet the needs of all levels of management and is aimed at developing knowledge and personal skills in this critical area. Therefore, those attending should currently occupy managerial roles or expect to move into managerial positions.



Contact:

For further information, please contact Quelba Lima by phone (01) 605 1619 or at quelba.lima@ibec.ie

Programme Schedule:

The Context: Resilience in Organisations

- Characteristics of a Resilient Organisation
- The Nature of Change and Adaptability

Understanding the Nature of Stress, Pressure, and Challenge

- Introducing Mental Toughness – a positive approach to Stress, Pressure, and Challenge
- Identifying the beneficial and negative impacts of Stress, Pressure, and Challenge

Understanding Our Responses to Stress, Pressure, and Challenge

- The 4 Cs of Mental Toughness
- Understanding Resilience and your level of Mental Toughness
- Identifying your strengths and your development needs

Principles of Developing Resilience and Mental Toughness

Introducing and Practicing Simple, Accessible Tools and Techniques for Developing Mental Toughness and Resilience Around 6 Core Themes:

- Positive Thinking
- Visualisation
- Attentional Control
- Anxiety Control
- Practical Goal Setting
- Biofeedback / Self Awareness

Personal Resilience Action Planning

- Creating your Personal Resilience Action Plan for developing Mental Toughness and building your Resilience

All materials, exercises, and the MTQ48 Mental Toughness Measurement Questionnaire are provided within the Programme.

The MTQ48 will be administered online before the Programme to aid preparation and analysis. Participants will be presented with a personalised Mental Toughness Development Report during the Programme.

Extra:

- Each participant will also have 2 one-hour Personal Coaching Sessions with an experienced Mental Toughness Coach as part of the Programme. These Sessions will increase the impact of the Programme by identifying and tailoring interventions for Mental Toughness and Personal Resilience development.