

# STAYING RESILIENT

## A PRACTICAL COURSE FOR LEADERS & MANAGERS

LIVE AND ENGAGING 2-HOUR VIRTUAL  
ONLINE LEARNING

## COURSE OUTLINE

Managing our levels of anxiety, pressure and stress have never been more important, especially with the significant extra challenges posed by the global pandemic. How do we stay resilient, motivated and take care of our well-being - and help others stay resilient as well? This practical, interactive and focused session will give participants usable strategies to remain resilient, motivated and able to manage everyday stressors.

## TOPICS COVERED

- Explaining what we mean by resilience, pressure and stress
- Sharing the core principles of personal resilience
- The 6 practical ways to remain resilient in daily work & home life
- Managing yourself and others with compassion and empathy
- Making resilience part of your daily habits and routine

## WHO IS THIS COURSE AIMED AT?

This course is aimed at people leaders and managers who want to raise levels of personal resilience and support raising the resilience of others.

## WHY CHOOSE THIS COURSE?

- Interesting, engaging and sensitively-delivered learning that's customised for the virtual learning online experience
- Delivered as a live class by experienced trainer Reg Friddle
- Opportunities for you to communicate with the trainer and your online participants and share your experiences
- Guided presentation shared by the trainer on screen
- Access to notes and materials after the training, including your own resilience habit-tracker template

## ABOUT PREFERRED FUTURE

Reg Friddle is Head of Executive Coaching and Training at Preferred Future. He is a qualified executive coach and trainer with over 15 years' experience working with government, blue-chips and public sector organisations. He specialises in leadership development and wellbeing training.

