



Resilience & Positive Change Skills

"The only way to make sense out of change is to plunge into it, move with it and join the dance." - Alan Watts

Have you noticed that the completion of some tasks gets harder and more frustrating? Have you noticed more people are on tender hooks? Are you finding yourself getting more frustrated than before? The first half of this niche workshop gives participants tips on how to be more resilient. Previous participants have remarked on how easy it's been to embed these resilient habits into their daily work. The course then pivots to making positive changes. Participants discover how to spread a positive contagious mood, with discussion of researcher Martin Seligman's insights on positivity. The course wraps up with the Scott and Jaffe change model to help participants see change as a positive opportunity.

Key Course Content:

- Developing the ability to improve resilience skills
- Trialling of relaxation techniques
- Bouncing back after disappointment
- Box breathing and slowing down
- Benefits of the 3rd space
- Learning how to effectively manage resistance to change and gain buy-in from stakeholders
- Gaining the skills to communicate and collaborate with team members and stakeholders to drive change
- Understanding the potential impact and benefits of embracing change rather than fighting against it
- Developing a mindset that embraces change as an opportunity for growth
- Learning how to effectively plan and execute change initiatives in a timely and efficient manner



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated ½ day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisation's.



Group Size:

We recommend a group size of 4-10 people.

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