

Resilient People and Compassionate Organisations Overview

Overview:

This session sets out the key building blocks of resilience, the relationship between what we can do for ourselves and what organisations can do to support us as well as a set of simple daily habits we can all use to maximise wellbeing. The session will cover lifestyle factors to look out for, managing our mindset to learn from adversity and how to play a role in creating a compassionate team culture. There will be group work throughout this session so attendees will need audio and video connection.

Outcomes:

- Defining resilience; understanding what it is and isn't
- Understanding the contextual factors in our teams, work, managers and work life balance that make the biggest contribution to wellbeing at work
- The explanatory habits that support learning and growth in the face of adversity
- How to share habits and insights about resilience in a team setting in ways that can create a culture that supports wellbeing
- Personal planning; understanding how to create habits that support resilience

Requirements:

This is an interactive workshop. Attendees will need working audio and video to participate. You will be involved in discussions about your own experience of the topic within the workplace throughout. Please join the session from a location where you can speak openly

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