

Building Resilience Course



Context

Can you answer yes to any of the following questions?

- Do you ever feel overwhelmed by the demands made upon you at work and struggle with motivation?
- Is getting along with others at work sometimes difficult?
- Do you sometimes find that you get headaches, aches & pains or find it difficult to concentrate?

In these times of unprecedented turbulence, individuals are being stretched like never before. It may be that you are ready to explore fresh approaches to building resilience within yourself and perhaps wider within your organisation.

Our offer

Resilience is both the ability to recover quickly from setbacks & adversity and also to move forward from a position of even greater strength. Resilient people stay committed and increase their efforts when the going gets tough, and have a well developed “bounce back facility”. It used to be thought that people were born with resilient attributes, however, modern research thinking suggests that even if we aren’t blessed with huge reservoirs of personal resilience, we can develop ourselves, and are often stronger than we think. In other words, resilience can be learnt.

The foundation of the course is built on people having the opportunity in a supportive and relaxed small group environment to reflect on their own personal resilience. Throughout the course, people can identify and develop some new personal approaches and tools for strengthening it. This is achieved by using principles of self compassion and mindfulness. There is a vast wealth of empirical scientific evidence to support the effectiveness of these approaches in both building and maintaining personal resilience.

We believe that people take time to make sustained and beneficial changes to their behaviour. For this reason, the evidence based approach offers a series of Modules over an 8 week period, with some practice in between to “cement” the changes individuals are working to make and sustain. There is also an option for ongoing post course support.

Objectives and Outcomes

The objectives of the course are:

To support individuals to review their own personal resilience, how robust it is, and the triggers for it being threatened

To identify a number of ideas and models for developing and strengthening personal resilience, taken from self compassion and mindfulness principles

For individuals to compile a personalised work and home practice that develops their own ongoing resilience

The opportunity through 4 three hour sessions over 8 weeks to practice these resilience principles so they become embedded and habit forming after the course

For example

This is a new course being set up, but here are a few examples of Coaching clients Peter and David have worked with, illustrating their capacity to build resilience:

- *"It has been invaluable having an objective view from someone outside the organisation re the short term pressures whilst not losing sight of the bigger picture. Business benefits have been that it has enabled me to remain focused on my current job and seeking the positives within the role. Personally it has restored my confidence and made me realise that I do have many strengths which I shouldn't lose sight of and many of my difficulties were as a result of problems with cultural fit. Personally the sessions have also been of assistance from a holistic perspective, something I didn't expect at the outset" (Senior Care Manager: Council)*
- *" The open culture of communication and the attached respect that came with this nature of open communication, David has been a very inspiring and encouraging source for me. David did help me to focus and be structured in thinking and developed the concept of adapting to the required circumstances that you work and function within" (Manager in Further Education)*

Costs and venues

The whole 8 week course costs £450 per person, covering all the preparation, course sessions, handout materials and post course support, which we believe represents good value for such an in-depth approach.

We offer an "early bird" discount of £375 if booked by the end of November.

Concessionary rates are available on request.

Courses will be run in London and Buckinghamshire areas initially.

The Facilitators

Peter Kershaw spent many years in a busy legal/business environment. He has trained and worked as a psychotherapist in private practice. He has also worked as an Employers Assistance Counsellor, helping individuals thrive in the work place. He is currently a coach, trainer and facilitator. He is also a Mindfulness Instructor. He also has a keen interest in theatre and acting. In addition, he also uses improvisation as a tool for effective communication training, team building and presentation skills.

David is an experienced accredited Coach, Facilitator and organisation development Consultant who has over 20 years experience of working with organisations and individuals to support effective people development. He works mainly in the public and voluntary sector. He is currently training to become a Psychotherapist and is passionate about his work.

If you are interested in finding out more

If this sounds interesting, you can either contact Peter Kershaw on telephone: 07765 641841 or email on: peterkershaw2@btinternet.com, or David Crowe, Director of Crowe Associates: telephone: 01844 216929.E-mail: david@crowe-associates.co.uk to find out more.