

Resilient Management

Presenter: Dr. Anna James

By the end of this course managers and leaders will have developed strategies to manage with resilience. To achieve this part one will consider the fact that we are all different in terms of our resilience levels, but we have the ability to learn resilience if we are given the correct techniques. In part two we will explore social and physical resilience and participants will explore two case studies and how we build resilience within these situations.

Part 1

9.30-10.45

- Welcome
- Understanding resilience:
 - ✓ Recognise why we have different levels of resilience
 - ✓ Assess our overall levels of resilience
 - ✓ The four pillars of resilience
 - ✓ How to be a resilient manager

Break: 10.45-11.00

Part 2

11.00-12.30

- Social and physical resilience:
 - ✓ Resilient techniques for difficult conversations
 - ✓ Stress Management
 - ✓ Foods to stay strong
 - ✓ Two case studies
- Question and answer session
- Evaluations