

# Personal Resilience



## Overview

This popular one-day workshop affords an opportunity for busy teachers and school leaders to develop their own strategies for building personal resilience, focusing on areas within their control – managing their own state, handling difficult relationships and renewing their sense of purpose.



## Learning objectives

- Become more aware of your state and how triggers can impact you
- Identify your typical 'Mindtraps'
- Learn a practical tool for managing your state when under pressure
- Handle difficult relationships with greater ease, so they don't drain you
- Reflect on what brings you motivation and job satisfaction and how you can bring more of this into your day-to-day
- Get clear on your 'winning formula' for work-life balance

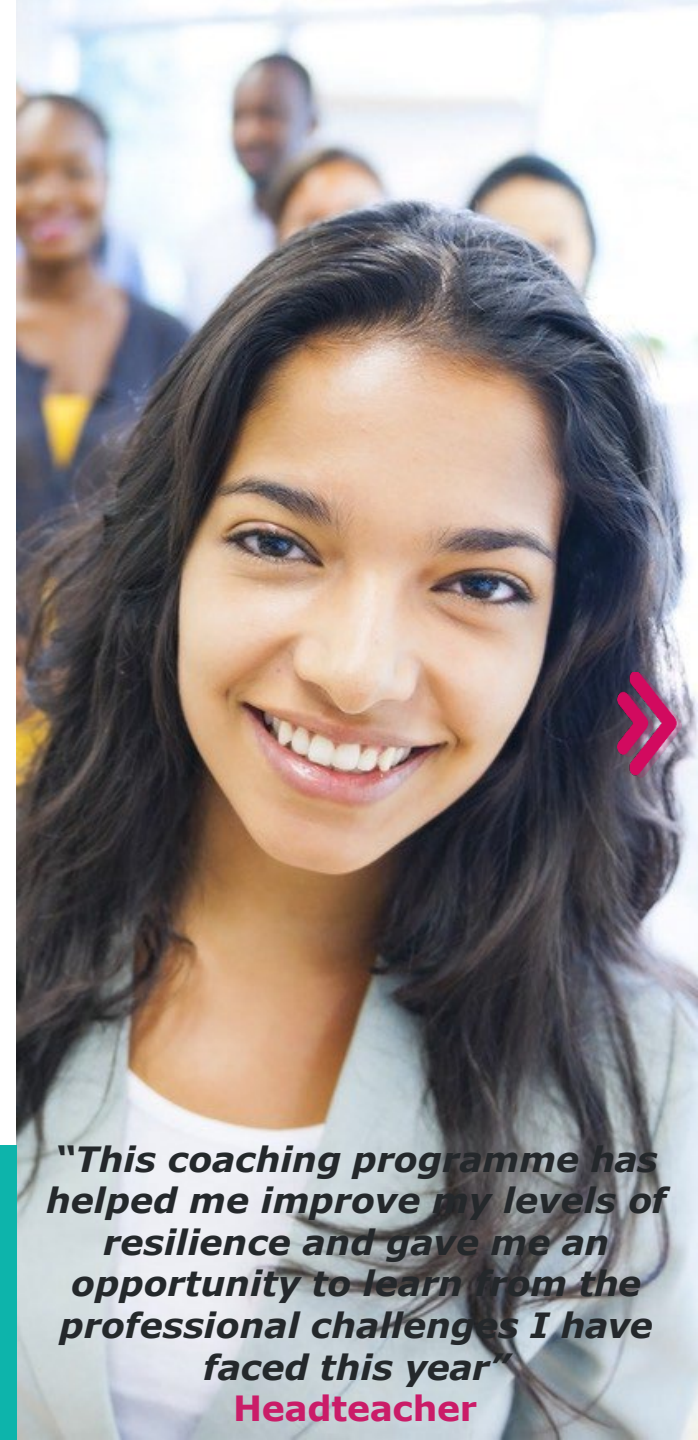


## Who is this for?

All adults working in the education system – executives, leaders, teachers and support staff

## Key content

- In and Out of the Box
- Mindtraps
- ETC process for managing your state
- Patterns of misunderstanding
- Core values
- Winning formula



***"This coaching programme has helped me improve my levels of resilience and gave me an opportunity to learn from the professional challenges I have faced this year"***

**Headteacher**

## ONE DAY WORKSHOP

Interactive professional development day for 25 people facilitated by a professional leadership coach

£1825 + VAT + travel expenses