

Personal Resilience

▶ 1 HOUR VIRTUAL WORKSHOP



Tips and insights to boost resilience



Personal Resilience

What helps us cope with the stresses and challenges we're living through? A starting point is taking time to consider our own resilience – what factors help us cope, what can drag us down. This short session offers a moment to pause, learn and reflect to gain perspective and insights on things to do to strengthen personal resilience.

- Thriving not just surviving
- Personal, social & professional impact
- Self awareness and where to focus



Pause, learn and reflect on strategies for resilience

Context & research

Stressors in today's world
Hierarchy of needs
Resilient attitudes & behaviours

Resilience Model

Self assessment
Identify your resilience strengths

Managing your resilience

Where to focus
4 cornerstones
Plan for reaching out

Format



"Reaffirming"

"Personal space for reflection"

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Or visit our website www.taylorclarke.co.uk