

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 & behavours

Resilience Model

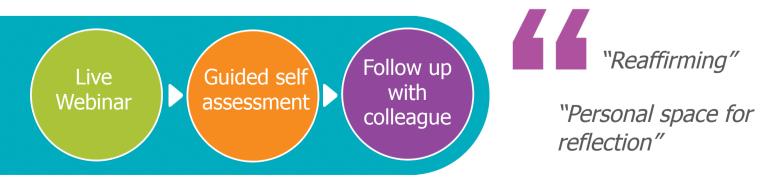
Self assessment

Identify your resilience stengths

Managing your resilience

Where to focus
4 cornerstones
Plan for reaching out

Format



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