

DEVELOPING RESILIENCE

NEW



VENUE
Crowne Plaza Melbourne
1-5 Spencer Street
Melbourne

PRACTICAL FRAMEWORKS AND SKILLS FOR DEVELOPING WORKPLACE RESILIENCE – FOR INDIVIDUAL AND TEAMS 23 MARCH 2012

THE MODERN, PUBLIC SECTOR WORKPLACE, CHANGES CONSTANTLY – THROUGH CHANGES IN COMMUNITY DEMANDS AND EXPECTATIONS, GOVERNMENT POLICY, ECONOMIC CONTEXT, BUDGET AND MANAGEMENT SYSTEMS. WORKPLACE RESILIENCE HAS BECOME AN ESSENTIAL SKILL FOR INDIVIDUALS AND TEAMS TO MANAGE AND WEATHER THESE CHANGES.

Resilience includes our capacity to work effectively despite stress and risk, 'bouncing back' from difficulties and learning from our experiences.

Resilience can be helped or hindered by our workplace, how we manage our teams and how we manage ourselves. But resilience can be learnt and we can all develop greater skills, habits and ways of thinking that can increase our resilience. This workshop provide practical frameworks and skills for developing greater workplace resilience in teams and individuals

AIM OF THE WORKSHOP

The program will:

1. Review the principles and types of resilience at work
2. Review how managers and leaders can assist in the development of resilience
3. Identify personal resilience challenges
4. Explore and practice of the four key approaches to building personal resilience
 - Mental toughness'
 - Physical self care
 - Relationships and 'Emotional Literacy'
 - Mindfulness
5. Develop strategies for greater resilience at work



FACILITATOR GREG COOK

DIRECTOR, CENTRE FOR LEADERSHIP AND MANAGEMENT

Greg is a psychologist with more than twenty years experience in public sector management and consulting. He works with management and staff teams across the public sector – helping to build capacity to better manage the challenges of the modern workplace.

DATE & TIME

Friday 23 March 2012
9.00 am – 4.00 pm

COST

\$539.00 (including GST of \$49.00)

inclusive of materials, lunch and parking

CLOSING DATE FOR REGISTRATIONS

Friday 9 March 2012

ARRIVAL

8.45 am

Arrival - tea & coffee

9.00 am

Welcome & Introduction

WHO SHOULD ATTEND

Public sector staff and managers experiencing demands and challenging situations at work who wish to develop a greater repertoire of skills and tools for resilience



SESSION 1

RESILIENCE: PROTECTING OURSELVES AND 'BOUNCING BACK'

The opening session will review the principles and types of resilience at work

- Understanding resilience
- Definitions and types of resilience
- Personal, team and organisational resilience
- Building resilience at work – management and leadership issues
- Individual factors
 - Mental toughness', Physical self care, Relationships and 'Emotional Literacy', Mindfulness

SESSION 2

BUILDING PERSONAL RESILIENCE

The second session will identify personal resilience challenges and begin exploration and practice of the key approaches to building personal resilience

- Personal resilience questionnaire
- Building mental 'toughness'
 - Focussing outwards
 - Holding authority, getting perspective and exercising influence
 - Optimism, negativity and acceptance
- Physical Self Care
 - Stress and relaxation – responses, habits, and resources
 - Personal self care audit
 - Achievable strategies for diet, exercise and rest

LUNCH

12.30 pm
Lunch Break

SESSION 3

EMOTIONAL RESILIENCE

This session will describe and practice strategies for developing emotional resilience

- Relationships
 - Communicating where it counts
 - Strengthening relationships at work
- Emotional 'literacy'
 - Reading and managing emotion - at work and home
 - Managing stress, moods and bad days

SESSION 4

MINDFULNESS

The final session will summarise and offer practical techniques for developing mindfulness

- Mindfulness - of values and purpose, day-to-day actions and work-life balance
- Managing and learning from difficult experience
- Quick fixes

CONCLUSION

4.00 pm
Conclusion of Workshop