

The Power of Resilience

A 1-day programme aimed at supporting people with practical tools and techniques focusing on performance, behaviours and well-being





A dedicated 1-day programme aimed at providing practical tools and support at all levels

The benefits to people attending the programme are:

This programme is not about ‘measuring’ resilience, nor is it about telling your people what resilience is. It is about the ‘*How*’ rather than the ‘*what*’.

It is a dedicated programme, which gives your organisation and its people, across all levels, the practical tools and techniques to make a real difference for themselves and others.

- Practical tools and techniques; a ‘kit bag’ of resources
- Perform when the going gets tough
- Cope better when faced with challenges and heavy work loads
- Have a results driven focus even when faced with cost cutting/restructuring etc
- Manage successfully in difficult environments
- ‘Bounce-back’ when facing disappointments
- Thrive under pressure
- Recognise ‘gaps’ by analysing your personal ‘Mental Toughness’



The Programme

- All attendees will complete a 'Mental Toughness' Questionnaire in advance of the programme and results will be given during the workshop focusing on control, commitment, confidence and challenge
- The programme will not only equip delegates with practical tools and techniques to develop their personal strategy, but will also support them to understand how to act differently '*in the moment*'; so when challenges present themselves without warning
- The day will focus on PM Management's Resilience Model, which includes:
 - Understand your response to 'failure'
 - Reduce anxiety
 - Developing an agile and enduring mindset
 - The impact of Emotional Intelligence
 - Overcoming 'thinking traps'
 - Constructive self-discipline



Programme Director

Dr Ruth Smith is a highly experienced facilitator and Executive Coach. She is passionate about making a sustainable and enduring difference for her clients and has challenged yet supported her clients to be inspirational for themselves and others. Clients describe Ruth's events and her style of facilitating as 'energising, engaging and insightful'. Ruth has worked in corporate organisations, as well as running her own business, and offers clients strategic business knowledge, leadership knowledge and experience and demonstrable commercial acumen building rapport and connecting with Senior Executives at their level. Her qualifications include a Psychology degree, an MBA from a leading UK business school and a PhD in Relationship Marketing.





1 day workshop

For further information, please e-mail:

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