



BUILD PERSONAL RESILIENCE AND THRIVE IN THE NEW ENVIRONMENT

DEVELOP AND IMPLEMENT PERSONAL RESILIENCE STRATEGIES THAT SUPPORT CHANGE MANAGEMENT

Comprised of 3 modules, the first of which can be taken as a standalone workshop, the Exploring your Personal Resilience programme is designed to help all employees identify the stressors in their daily life and create strategies to manage them. Each individual will then be able to implement these strategies and become more resilient in their working life.

Embracing Resilience

Explore techniques that will help you build your own resilience by gaining control over, and managing the impact of, the stressors in your daily life.

Enhancing Resilience

Focus on strategies pertaining to emotions, meaning, purpose and how you can develop your own mental toughness.

Embedding Resilience

Put your learnings into action and consider the way in which you want to support the relationships and engagements you have with others.

EMBRACE RESILIENCE IN A CHANGED WORLD



SUPPORT IS TAILORED TO EACH INDIVIDUAL, AND PROVIDES PARTICIPANTS WITH ACTIONABLE TAKEAWAYS:

- **UNDERSTAND RESILIENCE** - Develop self-awareness in relation to your response to change and plan positive actions in regard to the elements of life you have control/influence over.
- **DEVELOP RESILIENCE STRATEGIES** - Develop mental toughness in everyday working life and understand how positivity and realistic optimism can help you deal with change.
- **BECOME MORE RESILIENT** - Implement your learnings to drive your actions, and understand the importance of connecting and maintaining positive relationships.

WHY CHOOSE RIGHT MANAGEMENT SUPPORT?

Developing and implementing personal resilience practices has become one of the most important areas of personal development. This programme helps employees create balance in their lives, embrace and enhance resilience and attend to their personal wellbeing.

WOULD YOU LIKE TO LEARN MORE?

Get in touch:

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Completely Virtual Delivery

Engage with your support from anywhere in the world, enabling greater comfort and flexibility in your learning.



Self-Directed Learning

Take a more proactive and autonomous approach to your own development, whether that be refining existing or learning new skills and behaviours.

Talent Solutions combines our leading global offerings RPO, TAPFIN-MSP and Right Management to help organizations address their complex workforce needs. Talent Solutions leverages our deep industry expertise and understanding of what talent wants to provide end-to-end, data-driven capabilities across the talent lifecycle. From talent attraction and acquisition to upskilling, development and retention, we provide seamless delivery, leveraging best in breed technology, and extensive workforce insights across multiple countries at scale.

Right Management is our global talent management offering for outplacement, career management and leader development solutions.