

## The Wellbeing and Performance Agenda

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## Leading for Resilience

**The one-day workshop that helps executives/directors and their people bounce back!**

*'If an employee feels supported by their line manager, they will feel engaged with and committed to their organisation. This will in turn improve attendance, reduce staff turnover and ensure that employees are willing to 'go that extra mile'.*

Victoria Winkler, CIPD Learning Training and Development Adviser

### Delegates will learn:

- How to create a healthy organisation
- How to sustain and improve productivity and performance in tough times
- How to communicate challenges effectively
- How to stimulate a positive response to change
- How to learn from great organisations
- How to express uplifting goals and values
- How to reduce the impact of adverse events

As research has established the link between work and health, employers have found themselves playing an increasingly important role in workers' wellbeing.

### Who should attend?

Managers who want to improve motivation and morale; those leading organisations that face new challenges and wish to adopt proven fresh approaches that build a healthy organisation.

### Key features:

- 6 distinctive features of healthy organisations
- The personal resilience quotient (PRQ)
- The organisational resilience quotient (ORQ)
- Coping with time famine
- The 4 principles of personal effectiveness
- Aligning actions to values
- 10 antidotes to negativity
- The psychology of stress prevention
- Take-away toolkit
- Follow-through

"The effect of management styles on performance can be marked and has a direct bearing on the levels of health, motivation and commitment linking employers and staff"  
– Jo Causon,  
Chartered Management Institute.

***Resilience is about personal strength; it's about how well we can absorb and ignore the knocks and experiences of everyday life at home and work and maintain the energy and determination to drive through ideas and actions in the face of challenges. Resilience to stress is a feature of a healthy workforce, and is a key aspect of high performance and reduced sickness absence and staff turnover.***