

The Wellbeing and Performance Agenda

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Wellbeing, performance and resilience

The one-day workshop that helps managers and staff bounce back!

Resilience to stress is a feature of a healthy workforce, and is a key aspect of high performance. Achieving high levels of resilience at work makes a significant contribution to the reduction of sickness absence, staff turnover and the high costs that these incur.

Delegates will learn:

- How to build and sustain productivity and performance in tough times
- How to reduce the impact of adverse events
- How to maintain psychological wellbeing
- How to communicate challenges effectively
- How to embrace change
- How to tackle negativity
- How to set uplifting personal goals

Who should attend?

Employees who would benefit from improving levels of motivation and morale in the face of increasing demands; those wishing to counter the negative effects of stress in the workplace.

Key features:

- Coping with time famine
- The 4 principles of personal effectiveness
- Getting more control every day
- Aligning actions to values
- 10 antidotes to negativity
- The psychology of stress prevention
- Take-away toolkit
- Follow-through

'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

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.

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent.

Calvin Coolidge