



Virtual Resilience and Wellbeing

Details

Duration: Full-Day

Delivery: Online

Dates:

March 23, 2021

June 17, 2021

September 22, 2021

Time:

09.30 am– 5.00 pm

Cost:

Ibec member: €385

Non-member rate: €425

Contact:

For further information,
please contact
training@ibec.ie or call 01 605
1667

Programme Overview:

This programme is designed to build individual, team and organisational resilience. Designed to deliver upon an organisation's Wellbeing strategy, participants will build upon and develop their adaptive capacity and psychological wellbeing, specifically during times of adversity.

Programme Outcomes:

Participants will develop emotional awareness skills and thus learn to positively regulate their emotions in the context of stressful or adverse situations.

Participants will learn techniques to appraise events and adversity in a more resilient manner, whilst improving levels of self-regard in challenging times.

Participants will develop practical skills to build resilience, including basic mindfulness and reflective practice.

Participants will re-visit and re-evaluate their purpose within the workplace, which will boost resilience, engagement and motivation during uncertainly and adversity.

Approach:

Guided by the latest research in organisational psychology, this programme seeks to provide education, prompt participants to think, and guides real-time individual reflection to practise techniques learned and reinforce learning throughout the training.

The programme is delivered virtually via Zoom.



Programme Schedule:

Session	Time
Building emotional resilience	09.30-10.30
Building cognitive resilience	11:00-12.30
Mindful awareness	13.30-15.00
Developing purpose at work	15.30-17.00

Who Should Attend?

This programme is aimed at employees working at all levels of an organisation, in any industry. 'Building resilience and wellbeing' is particularly relevant for individuals and organisations dealing with change and uncertainty due to the COVID-19 pandemic.