








Resilience

Reap the benefits of a resilient, positive workforce who thrive even in the most difficult situations.

-  **30-50 min + debrief**
-  **3-24** (up to 4 teams of 3-6 per team)
-  **For staff at any level**
-  **No computer required**
-  **295 ex VAT**



Learning objectives

- to explore what resilience in the workplace, and in life generally, is all about
- to know the benefits of developing resilience
- to develop the attributes, skills and coping strategies that make up resilience
- to look at ways to assess and improve personal resilience

About the activity

It is generally agreed that a person's performance and engagement at work is affected by their state of mind. It is perhaps no surprise that developing a resilient, positive mindset is now a core feature of many staff development initiatives.

The objective in this training pack is to create thought-provoking discussion, on what it means to have resilience and what it takes to improve our levels of resilience.

Participants, in groups of three to six people are supplied with sets of 30 Resilience Cards, which they consider one by one. They contain a series of questions, statements and real situations on the subject of resilience, positivity and wellbeing. Participants simply follow the instruction on the card. For example, is this generally true, or false? How would you react in this situation? What is the main issue here?

Each card elicits great discussion, and an exchange of thoughts from which participants build a clear picture of what the concept of resilience is all about. Participants come away with a clearer insight into what it means to be a resilient person, and what practical steps they can take to develop a more positive mindset and more able to cope with stress and adversity.

Five-year repeat use licence

This Northgate training activity comes with a five-year licence for repeat use with up to 24 participants. A licence is required for each site (or remote hub). To use with larger groups or for multiple site licences please contact us for a quote.

Pack contents

- Trainer's Notes
- Sets of 30 Resilience 'Cards'
- Short Term Action Plan
- Long Term Action Plan
- Key Points

Components supplied digitally and as hard copy for use in both face-to-face and virtual classrooms.

Ideally suited to

All staff. Everyone benefits from understanding the concept of resilience and the benefits a resilient outlook can bring - the ability to take things in one's stride, see things in perspective and bounce back - at work and in life in general.



Resilience

Customer reviews

” The activity has been *really popular* and always generates a lot of discussion. I have *enjoyed* running the activity as it has such clear instructions and meant that I could relax and focus on the people in the room rather than the mechanics of the session. To get the most out of the activity, we run it over approximately two hours, to allow for a discussion afterwards and time for drawing up resilience action plans. We have had two more requests to run this session in the next month.
Amy Mellor, Learning Consultant, First Rate Exchange Services Ltd

” As always the *support* and *quality* we get from Northgate is great, it's why we keep coming back!
Steve Penson, Operations Director, Alisar Ltd



Trainer's role (full guidance supplied in Trainer's Notes)

- Introduce the activity using the PowerPoint presentation.
- Explain very briefly the activity is all about resilience.
- Divide the group into teams of 3-6, with each group sitting separately.
- Issue a set of 30 Resilience Cards, face down, to each table. All the group has to do is address each card, one by one, share the information and follow the instructions on the card.
- For each card, they should make a note of their response.
- Allow 30-50 minutes for the activity.
- Observe groups in action.
- Lead a Debrief, discussing each card in turn with the group as a whole. Encourage participants to have a say and share their views.
- Finally, summarise the key issues and re-emphasise the skills and attributes we need to develop in order to be resilient.
- Optional handouts are supplied.

Northgate says...

A great introduction to the topic, with plenty of opportunity for discussion. Mental health and wellbeing are major workforce issues. It is vital that staff develop a resilient mindset, to overcome challenges and 'low spots'.

Ordering is easy!

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Northgate customers

