

Building Resilience in Times of Uncertainty

Synopsis

In times of accelerated change our human reaction is to try and gain control of the situation and keep going. Particularly in the current situation with COVID-19, team members are having to quickly process their emotional responses and adapt.

Faced with information overload and conflicting priorities, we can feel overwhelmed, get side-tracked and stop collaborating. In this 90-minute workshop, we discuss the F.A.C.E. C.O.V.I.D. model and learn how use it to build resilience and stay clear-headed in times of stress.

Outcomes

- Understand common responses to challenging situations and why they are not getting you the result you want
- Learn techniques to steady and ground yourself which you can apply in difficult situations, enabling you to take the right action
- Building emotional intelligence to strengthen your leadership skills and optimize collaboration with others
- Being able to use the technique of pausing as a resource
- Knowing how to support others in moments of distress

Course details

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| Course duration | 90 minutes |
| Max delegates: | 12 |
| Trainer | DGi |
| Cost | £990 + VAT |

For dates please get in touch

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