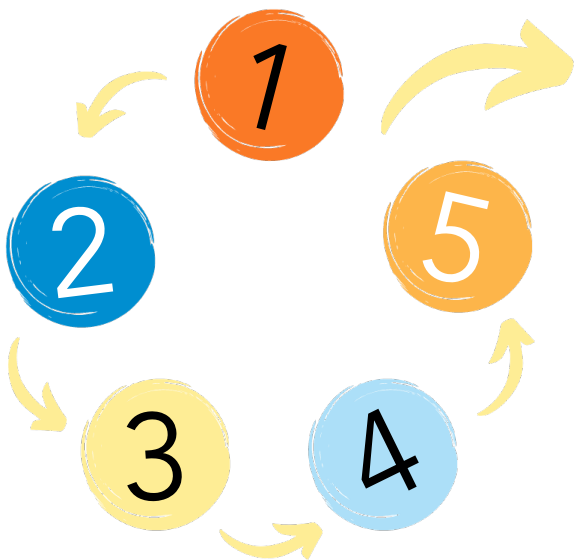




Resilience made simple

A Programme of
5 Powerful Workshops

You need resilience to be **consistently productive** and **solution focused**, and that goes for your employees too. That's why Ian Rose developed his '**Resilience Made Simple**' programme of workshops.



After years of running hundreds of successful individual workshops, Ian noticed a need for a consolidated **programme of workshops**.

This way, your teams can really get to grips with **working on resilience techniques**, regularly putting them into practise, all while under his **expert guidance**.

Resilience made simple

A Programme of
5 Powerful Workshops

Ian's Resilience Made Simple programme of five workshops can be delivered online or face-to-face, and are individually themed:



1. Cut the Procrastination and Get It Done

Empowering your employees with new skills and techniques, this motivational workshop helps your teams to re-focus when their inspiration and creativity is waning, demonstrating how to approach their goals and objectives with a fresh, keen focus.



2. Controlling the Controllables

Worrying about things out of your control affects your wellbeing and wastes time. This workshop is all about pinpointing where the stress is coming from and developing coping strategies. Ian's 3F Framework, revealed in this workshop, helps to do just that.



3. Combating Self Talk

Studies show that on average, people spend 80% of their time repetitively thinking negative thoughts that have a detrimental effect on productivity and wellbeing. Ian shares ways to recognise when and why negative self-talk happens, and how to change it into positive 'can-do' statements to improve self-belief and resilience.



4. Problem vs Solution Focused Mindset

Ian shares examples of how focusing on a problem can make things worse, creating perceived barriers that inhibit outcomes. When things feel impossible to solve, Ian explains how to develop a solution focused mindset by removing yourself from the situation to see the bigger picture.



5. Condense, Combine and Plan

This final workshop is a refresher of everything learned in the previous four, tying it all up into a neat bundle of resilience skills for your teams to call upon. It also includes a motivational planning session that promises to be exceptionally valuable to all attendees.



To discuss how the
Resilience Made Simple in 5 Powerful Workshops
will help your teams and other employees to be
more productive and purposeful, call or email Ian.