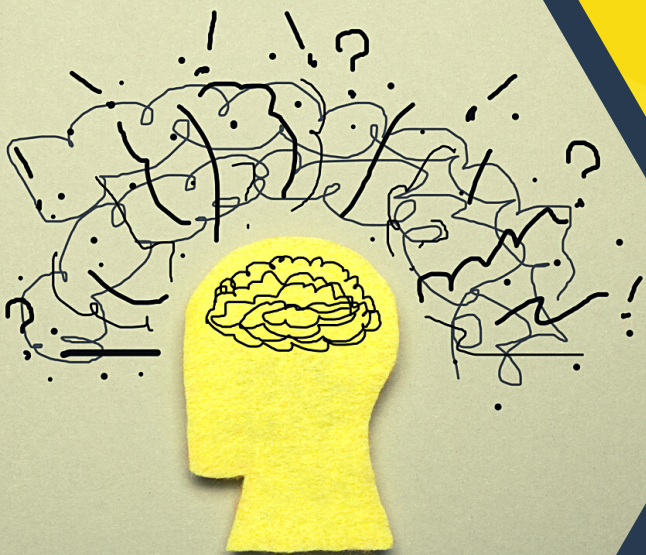




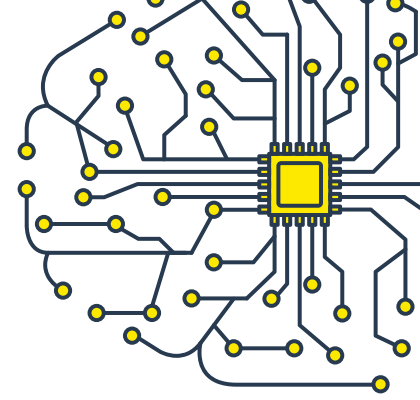
TALENT4
PERFORMANCE

ENERGISING YOUR RESILIENCE COURSE



**MANAGING
YOUR ENERGY
FOR HIGH
PERFORMANCE**

Energising Your Resilience Course



There is currently a lack of resilience in the workplace. Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. Resilience is the quality that enables us to cope with the bumps in the road – the challenges that life throws in our way.

The pandemic created a lot of challenges for many people and things are still very volatile and uncertain. However, when we are resilient, we are able to get through difficult times and experiences, and to bounce back afterwards. In fact, it is possible that we don't just recover back to normal, but that the challenges we experience may actually lead to profound personal growth and increased psychological strength and resilience. This has increased the importance of resilience in the workplace.

Talent4Performance has developed a powerful course that provides resilience training in the workplace. It helps participants discover how to develop their resilience through a variety of insightful exercises and discussions.

The course has been specifically designed so it can be delivered either in person or virtually, in a blended approach.

This aims to maximise the benefits of group interaction by providing pre- and post-course independent learning as an essential part of the course to deepen the learning experience. This approach also caters to a wider variety of learning styles



Highly Interactive and Insightful

The course is highly interactive and opens up discussions about the four domains of energy that we need to nurture in order to build our resilience.

We support participants to self-assess where they may be neglecting some of the fundamentals of well-being, so they can take action and make positive changes to their lives.



Facilitating Brain and Behaviour Change

The course is based on the philosophy that awareness enables and motivates change.

When the brain can label and categorise specific behaviours as separate from our personality, we are less attached to them and they become easier to change. This profound insight gives participants permission to let go of ineffective habits and behaviours to practise new and more effective ways of looking after their well-being.

This course addresses the 4 fundamental domains of wellbeing and the key components of resilience at work:



PHYSICAL

By nurturing the 3 key factors affecting our physical wellbeing we can optimise our fitness and energy.



EMOTIONAL

By developing a better emotional vocabulary and an attitude of gratitude we can improve relationships.



MENTAL

By optimising our mental energy we can avoid the 9 common thinking errors and improve our mental focus.



SPIRITUAL

By living on purpose and understanding our values we can achieve calm confidence and realistic optimism.

T4P Academy

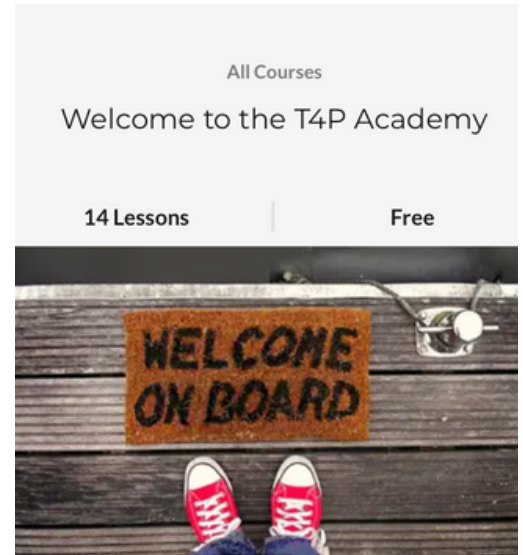
The course is delivered through the T4P Academy, our online learning management platform.

Our blended learning approach incorporates a variety of learning resources and activities, including self-service resources, live interactive modules and a downloadable workbook.

This addresses different learning styles and supports hybrid working arrangements.

My courses

[View more courses](#)



Course Format

The live module can be delivered with a choice of delivery format:

- In-person 1 full day
- Online 2 x 3.5 hours.

Following the Energising Your Resilience Course, you and your people will be able to:

- Understand what resilience means, and that it is something we can work to develop
- Appreciate your own current resilience level, and where to focus your efforts to build your resilience
- Appreciate the 4 different energy dimensions, and how to manage your energy levels for sustained high performance
- Identify which of the 7 habits of highly resilient people you need to focus on
- Learn 2 instant tricks to rapidly recover from an amygdala hijack
- Discover how to develop resilience and maintain flexibility in your approach
- Improve your emotional vocabulary to better regulate your emotions
- Use the 4 As to develop an attitude of gratitude
- Explore strategies to optimise your mental energy and avoid the 9 common thinking errors
- Develop simple new habits to reduce stress and improve relaxation
- Review and reframe how you see particular issues so you can stay resourceful

For more information on how we can help you develop resilience within your organisation, to reduce staff absenteeism, turnover and improve performance, please get in touch:

[CLICK HERE to contact us.](#)



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WHAT OUR CLIENTS SAY

“

Alli & David provided a fast-paced, high energy session, making it relevant and engaging for everyone. They shared some useful theory and ideas, but in a practical way that encouraged lots of interaction and insight.

GAVIN SMITH
Vertex Pharmaceuticals

“

We all got to understand ourselves a bit better as well as our team members. I can thoroughly recommend T4P for engaging workshops and superb after care.

HELEN SANSON
The Switch

“

I just want to say a big thank you for today - for your energy, passion and your expertise. I feel really positive that we have made a good start in engaging staff and you started to shift some mind-sets today.

JAYNE MORGAN
London South East Colleges

ABOUT US

Talent4Performance is a fast-growing business with more than 50 years' experience of delivering performance improvement for business leaders across London and the UK. With a focus on creating clarity, inspiring people and driving performance, we use the latest thinking from the fields of applied neuroscience, psychology and behaviour analytics to deliver measurable performance improvement.

CORE SERVICES

- ✓ Organisational Development
- ✓ Leadership Excellence
- ✓ Management Foundations
- ✓ Personal Effectiveness