Building Resilience - 18th March - 2.00-3.30pm

This 1.5-hour workshop will offer motivational, and practical insights and tools to help participants boost resilience, so they are ready for the challenges ahead.  ‘Resilience' is the skill that gives us the capacity to accept and address situations that are challenging and tough. More than ever, we need the inner resources to handle the ups and downs of life and bring our best self to each situation.     Fear, worry, doubt and uncertainty are causing unhealthy stress for many and eroding resilience.

The workshop will cover:

* Resilience - what it is, how to tap into your innate resilience and how to strengthen it
* The growth and burnout equations
* Brief overview of the impact of the current working model in Ireland (with most remote and some in the office - the good and the downside)
* Best practices for working under Covid Restrictions (for Remote Working, Hybrid and Office Working)
* Control the controllables – Strategies and tips to deal with uncertainty, anxiety and fear
* Communications in challenging times
* Relaxation practices to help you shift gears mentally and emotionally – so you can focus for productivity at work and slow down for sound sleep after work
* How to promote resilience in your organization - tips and best practices for staff and managers
* How to stay positive, innovative and energized