

# Resilience

## Workshops offered from **lifetimeswork**

### Workshop 1: An Overview of Personal Resilience and its Links to Organisational Resilience.

A chance to gain a full overview of the definition of Personal Resilience, how it links to Organisational Resilience, and how to learn to build Resilience. Jenny Campbell will present this, including an exploration of the new model uncovered in the **lifetimeswork**'s research, **The Resilience Engine©** and its component parts.

**Benefits:** Insight into Personal Resilience and what the evidence shows about building and sustaining it; Insight into connections with Organisational Resilience

**Audience:** All staff, managers and leaders

**Length:** ½ day

### Workshop 2: Working on Personal Resilience.

An indepth chance to reflect on your own resilience. You will rate your own resilience, reflect with others in the room on this, consider what you would like to change in your approach to your own resilience, and explore common areas of challenge with one another and with resilience expert, Jenny Campbell.

**Benefits:** Increase in your own Personal Resilience with clarity on what needs to change; help and support for reflecting and working on this

**Audience:** All staff, managers and leaders

**Length:** ½ day; must have completed Workshop 1.

### Workshop 3: Towards Organisational Resilience.

**Part 1:** An indepth chance to reflect on your organisation's resilience. You will reflect on the previous period of organisation (normally 2 years), and trace where the highs and lows have been. You will share this with colleagues and explore common areas and best practice for achieving sustained resilience.

**Part 2:** You will self-evaluate against the 7 major factors that affect organisational resilience. This includes the resilience of the top team of the organisation. You will together reflect on best practice for addressing how to build and sustain these on behalf of your organisation. 'Resilience clinics' will be used for indepth exploration of issues, and group learning techniques applied to ensure the group together generates best practice thinking.

**Benefits:** Insight into your Organisation's Resilience, the 7 key factors that affect identifying organisational resilience, and what actions you can take to build and sustain resilience of your own organisation.

**Audience:** Leaders and leadership teams

**Length:** 2 x ½ day. Must have completed Workshop 1.