

Building Your Personal Resilience

Time to look after yourself!

Two practical, lunchtime Zoom workshops to refresh your personal resilience:

Thursday 4th February 2021, 12.30pm until 1.30pm

Thursday 11th February 2021, 12.30pm until 1.30pm

Trainer: Steve Wood

What's it all about?

These interactive on-line workshops will give you some time to look after and refresh yourself, ready for the challenges and changes of the New Year, including the challenges created by COVID-19. They comprise a series of exercises designed to develop your resilience skills, tweak your habitual behaviours and provide techniques that you can use in the future and pass on to your colleagues...like a gym for your resilience!



Workshop content

Workshop One: Thursday 4th February 2021:

- **Relaxation and breathing**
- **Creating a balanced lifestyle**
- **The Diet Wheel!**
- **Setting your daily work / life structure**

Workshop Two: Thursday 11th February 2021:

- **Changing your state**
- **Knowing and focusing on your 'sphere of influence'**
- **The Freshness Challenge**
- **Creating your personal 'elevator pitch'**

Come along to both or either workshop!

Your Personal Resilience Trainer – Steve Wood

Steve is a well-known Coach, Facilitator & NLP Master Practitioner, specialising in resilience and wellbeing. Over the last 25 years he has supported literally hundreds of people and teams, especially within the culture & heritage sectors. He is best known within the heritage sector for his highly interactive face-to-face and on-line workshops and coaching on *Personal Resilience & Wellbeing*, *Influencing & Advocacy*, *Service Transformation* and *Creative Income Generation*.



Who should attend?

Museum and Archive staff working in a local authority service or one supported by the local authority will be given priority booking for this course.

Key objectives

By the end of the workshops, you will:

- Be able to use exercises and techniques which will enhance key aspects of your resilience
- Feel more energised, positive, relaxed and ready to cope with the challenges of the workplace
- Commit to action to continue to improve and maintain your resilience in the future

Further information

Please ensure you have your line manager's permission to attend before booking your place. Final confirmation of places will be sent out at least a week before the course. Please keep the date free in your diary until your place has been confirmed.

Priority is given to staff working in non-national and non-National Portfolio museums and archives in the London region.



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