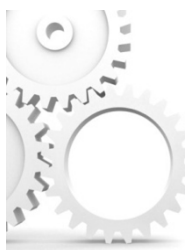


# Personal Resilience programme: a suite of workshops

(Please contact SDDU or the Staff Counselling and Psychological Support Service for further information.)

**Personal resilience is the ability to manage and bounce back from adversity and sustain performance in times of change. The Staff and Departmental Development Unit and The Staff Counselling and**

**Psychological Support Service have joined forces to offer a range of workshops to aid individual coping strategies to manage organisational change and prepare for the future. These workshops dovetail together, and can also be taken individually by delegates who may have identified specific areas where they would benefit from some guidance.**



## **Values and direction – knowing what matters personally and professionally (2 hours)**

***Tuesday 6<sup>th</sup> October 2015, 2.00-4.00pm, repeated Tuesday 19<sup>th</sup> April 2016, 2.00-4.00pm***

An opportunity to reflect on individual strengths, map personal and professional success and where best to focus energy. Help achieve a balanced and sustainable approach to work and life. Notice and address imbalance in order to work and live more effectively and efficiently.

## **Working with stress and emotion (2 hours)**

***Thursday 15<sup>th</sup> October 2015, 9.30-11.30am, repeated Monday 25<sup>th</sup> April 2016, 2.00-4.00pm***

A chance to explore the personal and professional benefits of a workable range of stress, and of emotional balance. An opportunity to apply the models to better understand your experience of stress and emotions, to identify your warning signs of stress and emotional imbalance, and consider a number of approaches to managing themselves and improving their well-being and effectiveness.

## **Mindfulness and attention skills to steady and focus your mind (2 Hours)**

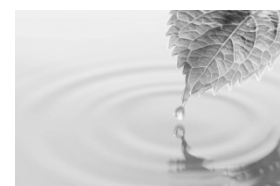
***Monday 19<sup>th</sup> October 2015, 2.00-4.00pm, repeated Thursday 5<sup>th</sup> May 2015, 2.00-4.00pm***

An introduction to an approach and a range of techniques and skills to help take an active and compassionate role in managing stress, experience life more directly rather than through the commentary of thinking. Help to be less distracted and concentrate better to build stress tolerance and make the most of the mind.

## **Understanding grief, loss and set backs in everyday life (2 hours)**

***Thursday 29<sup>th</sup> October 2015, 2.00-4.00pm, repeated Tuesday 10<sup>th</sup> May 2016, 9.30-11.30am***

A chance to be introduced to models that can help us understand what happens when we experience grief, loss or set backs and how our bodies and perceptions may be affected. You will be encouraged to recognise your own processes for loss and saying goodbye in professional or personal settings. An opportunity to reflect upon a wide range of grief, loss and set back experiences and consider how a compassionate approach can help and support our wellbeing at these times.



## **Switching off – relaxation and sleep (2 Hours)**

***Tuesday 3<sup>rd</sup> November 2015, 9.30-11.30am, repeated Friday 13<sup>th</sup> May 2016, 9.30-11.30***

Learn how to relax and improve your sleep habits to maintain and improve your energy levels. An introduction to different relaxation strategies and help to find personal natural self calming tools. Information and myth busting about sleep and how to support a healthy sleep pattern.



**Active approaches to worry, meeting things head on. (2 hours)**

***Thursday 12<sup>th</sup> November 2015, 9.30-11.30am, repeated Tuesday 17<sup>th</sup> May 2016, 2.00-4.00pm***

A session looking at what worry is, why we do it and how to avoid getting caught in unhelpful and unproductive cycles of worry. For participants who habitually worry it will provide some ideas for taking control of the habit and developing alternative ways of living with stress and uncertainty

**Working with change and uncertainty (2 hours)**

***Tuesday 17<sup>th</sup> November 2015, 2.00-4.00pm, repeated Thursday 26<sup>th</sup> May 2016, 9.30-11.30am***

An introduction to how change and uncertainty affects us in different ways emotionally and psychologically. A chance to explore how our individual responses might impact upon our personal and professional lives. It will help you to recognise signs of the change process and consider ways to maintain balance in the face of uncertainty.

**Understanding and managing anxiety and panic (2 hours)**

***Monday 23<sup>rd</sup> November 2015, 2.00-4.00pm, repeated Tuesday 7<sup>th</sup> June 2016, 9.30-11.30am***

A session considering how stress can lead to feeling anxious and panicky. These responses become reinforced by physical and psychological reactions that exacerbate them. A chance to explore how these responses can lead to habitual cycles of reaction. It will help participants to recognise physical signs (such as racing heart, tense muscles heightened sense of alertness, sweaty palms etc) and psychological patterns (repetitive and obsessive thinking) which can build up, and learn ways to break these cycles.

**Knowing your head and heart for effective decision making (2 hours)**

***Monday 30<sup>th</sup> November 2015, 2.00-4.00pm, repeated Thursday 16<sup>th</sup> June 2016, 2.00-4.00pm***

A session considering how emotional information and intuition might belong in decision making and gain some insight into why we might have learnt to suppress these resources. A chance to look at decision making models that allow emotional and psychological content to be added alongside pragmatic and logical considerations. This is an opportunity to learn how to distinguish between head and heart and have time to reflect upon any impending decisions to be made.

**Developing assertiveness and working with confidence (2 hours)**

***Thursday 10<sup>th</sup> December 2015, 9.30-11.30am, repeated Monday 20<sup>th</sup> June 2016, 2.00-4.00pm***

A look at contemporary ideas of what assertiveness and confidence skills are and how they may help in times of challenge and change. Looking at self presentation, masking, self esteem and valuing approaches for all interpersonal interactions. An introduction to skills for improving responses to challenging situations including practical methods such as developing sound breathing techniques for calm, assertive and confident responses.

**Working with habitual thinking patterns – thoughts are not facts (2 hours)**

***Tuesday 15<sup>th</sup> December 2015, 9.30-11.30am, repeated Monday 27<sup>th</sup> June 2016, 2.00-4.00pm***

An introduction to the function of thinking habits, how we over rely on thinking and tend to distort our experience in unhelpful ways. An opportunity to explore a number of common universal thinking patterns and recognise examples of your own and others thinking patterns at work. Explore ways of stepping back and seeing the bigger picture and different perspectives. A chance to learn how flexible and balanced thinking can play a key part in our wellbeing and effectiveness.

**To find out more please contact the Staff Counselling and Psychological Support Service**

Telephone **0113 34 33694** or email [staffcounselling@leeds.ac.uk](mailto:staffcounselling@leeds.ac.uk) or to book on these courses go to <http://www.sddu.leeds.ac.uk/index.php>.

