



Resilience and Wellbeing

As people switch to home and remote working, juggling work and family, changed social and economic norms, and an unfolding health crisis, resilience and wellbeing are more important than ever before.

This three hour webinar is led by a Keystone associate who is a global leadership coach, facilitator, speaker and hypnotherapist.

Focusing on building personal resilience and managing stress, the webinar is highly interactive and includes questionnaires, videos, breakout discussions, individual reflection and bite-size content to help participants work with adversity and stress in a resilient, calm and focused way rather than against it.

Resilience is “the ability to succeed, to live, and to develop in a positive way... despite the stress or adversity that would normally involve the real possibility of a negative outcome.” (NHS England)

Self-awareness and self-care form the core of the webinar, but we also explore how we can look after others and pay attention to the wider needs of our colleagues, co-workers and society in a safe and socially responsible manner.

Webinar agenda

- What is resilience?
- How resilient am I ?
- Understanding stress
- Knowing myself – what affects my resilience?
- Tools and techniques to improve my resilience

- Looking out for others – socially responsible ways to respond to a crisis
- Peer coaching opportunity
- Personal action planning

To find out more and discuss how Keystone can support your remote teams and their managers, please contact:

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