



# NORTH EAST REGIONAL EMPLOYERS' ORGANISATION

HALF-DAY WORKSHOP

## BUILDING PERSONAL RESILIENCE

WEDNESDAY 6 DECEMBER 2017, 9.30 am to 12.30 pm (approx.)

VENUE : TO BE CONFIRMED

### INTRODUCTION

Being resilient is an essential skill to help us to stay on top of our ever-changing, busy lives and maintain performance at home and work. Resilience gives us strength to manage uncertainty and adversity, whilst maintaining our overall wellbeing. It is described as the ability to 'bounce back' or being flexible, adaptable or in control.

### AIMS

The workshop focuses on a simple four-step programme, which helps you to build your resilience and enhance wellbeing, particularly during organisational change. The four-step programme begins with the impact of change and also includes:

**1. Building self-awareness**

- Understanding your own strengths
- Understanding what is in your control

**2. Having a positive mind-set**

- Optimism
- Thinking traps
- Can do/will do attitude

**3. Building support networks**

- Understanding who is in your immediate support network (both personally and professionally)
- Having your own 'oxygen mask' fitted in order to be able to support others

**4. Making things happen**

- Resilient people set goals

### WORKSHOP DELIVERY

This interactive workshop is delivered in a three-hour session and is based upon a model which has been applied successfully in a range of organisations experiencing change where participants have reported improved confidence in dealing with change and enhanced wellbeing.

### WORKSHOP FACILITATOR

The workshop will be led by Lorna Jeromson, LBJ Solutions, NEREO Associate.

## WORKSHOP FEE

The cost of the course will be £60.00 + VAT per delegate. This will include payment for refreshments and seminar notes. Lunch **will not** be provided. **Please do not send payment with your booking form as invoices will be issued after the event.**

## BOOKING ARRANGEMENTS

ONLINE at [www.nereo.gov.uk](http://www.nereo.gov.uk)  
EMAIL [mokeefe@nereo.gov.uk](mailto:mokeefe@nereo.gov.uk)  
FAX completed booking form on 0191 2613971

**ALL TELEPHONE BOOKINGS MUST BE CONFIRMED IN WRITING (E-MAIL, FAX OR WEB-SITE BOOKING). PLEASE NOTE THAT ALL BOOKINGS WILL BE CONFIRMED IN WRITING BY NEREO AND JOINING INSTRUCTIONS FOR DELEGATES WILL BE ISSUED APPROXIMATELY 10 WORKING DAYS PRIOR TO THE EVENT. PLEASE NOTE AMENDMENT TO CONDITIONS OF CANCELLATION AS DETAILED ON BOOKING FORM.**

Closing Date : Friday 27 October 2017

## FURTHER DETAILS

For further details, please contact Maureen O'Keefe on 0191 2613975.