



**Special
COVID-19 Offer**

Building Personal Resilience through Covid-19



The current crisis and the move to home working, brings challenges of how to work effectively, social isolation, increased levels of anxiety and depression, dealing with bereavement, and the increased potential for domestic abuse. This will be particularly acute for those with existing mental wellbeing/health issues.

At WME, we understand that building and maintaining resilience across the public sector workforce is of critical importance to every Council. We need to support our employees, including managers, volunteers, students and those being re-deployed into new roles – particularly where they are now providing critical support.

Building Personal Resilience through Covid19

In these unprecedented times, the routines and rituals which previously gave us certainty and stability are now, for most of us, crumbling away. Homeworking may be new to some of us, and in addition, we may also be caring for or home-schooling children, all whilst keeping an eye, from a distance, on loved ones and making sure our lives retain as much normality as possible. So what can help us to be at our best as much as possible when all around us is uncertain?

Duration

This ninety minutes webinar for all employees, will give you simple practical tools to equip you to be as resourced as possible with whatever you have to handle.

Pework

There will be some pre work activities to help you to get the best from this intervention including some questions and activities.

Content

This webinar covers three key areas and culminates in setting yourself small developmental tasks to action this learning and to share with at least one other person:

- Identifying where you are in all of this - ways you can be with what is happening. Options for you to try to discharge fears and to find peace in the moment. Why this matters.
- What works and what doesn't - what are you doing to support yourself and who supports you? Understanding what your physiology is wanting you to do and what works even better. Using your EAP support.
- Training your attention - energy follows attention. Focussing only on what you can control, or influence. Using mindful breathing to reset yourself
- Action planning - what is one small thing you want to take away
- and do from this learning. What can you share?

Delivered by our Resilience expert Jackie Lawlor

Jackie Lawlor is a CIPD qualified Independent training facilitator (since 2004), and an ILM Level 7 business and executive coach. Among other things, Jackie regularly facilitates Resilience training to staff groups at all levels, initially in the NHS for five years and in the last two years to a variety of staff and managers within Local Authorities.



Jackie is interested in **helping people to create the conditions to be at their best** and does this by enabling people to identify resources they may have which may be outside of their conscious awareness.

Jackie herself uses the Resilience tools she shares, every day in her own life.

Building Personal Resilience

Up to 8 delegates
90 minutes
£350 plus Vat

Book now!





For more information and to book sessions contact
Leadership and Development team via
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