

Supporting Yourself in Turbulent Times

How to keep up resilience, motivation and focus when working remotely

An online session for up to 15 people

This three hour virtual workshop will give you great techniques to manage yourself effectively and to deal with the demands placed upon you in rapidly changing times. You will have the opportunity to think about your own responses to managing uncertainty, and reflect on your own values and motivations. You will learn techniques to help you feel connected whilst working at distance from your team. We will provide practical tips to help improve your resilience and keep focus on the core priorities for you and your organisation.

What you will learn

- How to be comfortable with uncertainty and deal with unpredictability
- The Six Domains of Resilience - techniques to improve your own personal resilience
- Understanding your own motivations, strengths and worries to help build self confidence
- How do we react to change - what do you need to do differently to improve how you feel?
- The challenges of working at distance from your team - how to make things work well
- Being clear about core priorities in a rapidly changing situation
- Assessing and managing competing demands - asking for what you need

Who should attend

Anyone wanting to develop a plan to support themselves more effectively so they feel more resilient in rapidly changing times. This session might particularly help those who are new to working remotely.

Our trainer

Emma Walker-Cotton is an award winning trainer specialising in leadership development. She has over 25 years experience of training design and delivery in both the public and private sector, including working as HR Director for Amnesty International. Emma is passionate about individuals having the opportunity to fulfil their potential and creates a positive and stimulating learning environment. She always ensures that participants leave the day with practical skills they can implement back in work.

If you want to talk about any of our work and how we might be able to support you, please get in touch by email or give us a call. There is more information about what we do at

www.causewayconsulting.uk.com

Emma: 07557 371371. emma@causewayconsulting.uk.com

Ruth: 07758 898647. ruth@causewayconsulting.uk.com