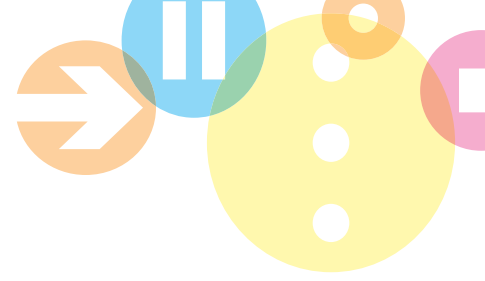


# Building resilience for right now, and whatever comes next



*Luckily, resilience is not something 'fixed' that we're born with (or without). We can all learn to cultivate optimal levels of resilience, even when it feels really difficult.*

## Resilience for hybrid working

### PROGRAMME OUTLINE:

Resilience is not a generic attribute where 'one solution fits all'. It is an individual, nuanced 'recipe' which is made up of a series of little things we can do, or not do, each day – things that make a huge difference to how we feel. We don't *have* resilience, we *create* resilience. But where do we start?

We can't change what we can't observe, so at D4S we've created a series of powerful modules which lead participants through the four key domains of resilience (*mind, body, connections and awareness*),

using a practical process to explore individual resilience. We then guide individuals to create their own personalised *daily rituals and habits* which become the foundation for how they feel – even (and especially) on the toughest of days.

Feeling at our best can be challenging in 'normal circumstances' – if there ever is such a thing! However, in recent times, the need to press *pause, reflect and recharge* has become even more of a priority. The good

news is that we have much more agency over how resilient we are than we might think.

This short, focused, highly practical programme explores the four key domains of resilience, mixing *behavioural science, psychology* and a healthy dose of *pragmatism*. It's designed to give participants useful *tips, insights and tools* to use immediately, boosting their own levels of resilience and recovery now and into the future, whatever that might bring.

### THE FOUR DOMAINS OF RESILIENCE:

#### 1. MIND

*Our dominant patterns of thinking, assumptions and beliefs affect our levels of resilience. How we **think** affects how we **feel**, but much of this is hidden in our subconscious mind. This module helps participants deepen their awareness and take more control of their daily mindset.*

#### 2. BODY

*It's not bad for us to 'get stressed' – we have an in-built mechanism for this. It's just bad to stay stressed, so learning how to regulate our nervous systems and complete the stress cycles we enter each day helps us recover and adapt quickly from challenges.*

#### 3. CONNECTIONS

*We're neurobiologically wired for connection, and yet in stressful times it's all too easy to act from our feelings (like exhaustion, frustration, depletion) rather than our values. Empathy, connection and setting healthy boundaries are skills that we can learn which fuel deeper levels of resilience for ourselves and our relationships.*

#### 4. AWARENESS AND HABITS

*How do we make resilience a proactive habit that is as much a part of each day as cleaning our teeth or turning on the kettle? What's the science behind staying aware and ensuring that we sustain resilience levels? Having an intention to do something sadly isn't enough; motivation runs out for the best of us. This module hacks into the science behind behaviour change.*

### PROGRAMME OPTIONS:

**OPTION A** *Cover the four key domains of resilience in one powerful two-hour module*

**OPTION B** *Go deeper into each domain spending 90 minutes on each module (four sessions in total)*

Either option can be run remotely so participants can join from anywhere.

### GROUP SIZE:

For groups of 8-10 participants.

**For more information, send an email to [info@designed4success.co.uk](mailto:info@designed4success.co.uk) or call us on +44 (131) 357 0369**