



# **RESILIENCE FOR GOOD MENTAL WELL- BEING**

## **SESSION OVERVIEW**



**PROVIDED BY MENTAL HEALTH IN  
BUSINESS**

# 2-HOUR WORKSHOP

Resilience is fundamental to good mental health and well-being, and success in business/work and life. Resilience is something that can be developed and is a major protective factor against mental ill-health.

Mental Health is defined by the World Health Organisation as;

“ *A state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.*

**World Health Organisation, 2018**

This 2-hour workshop will explore how we can all develop resilience in ourselves and in our teams. This will include practical advice and tools to help you to build your own resilience, including how to set appropriate boundaries.

The session will involve interactive discussions and group exercises which are specially designed to ensure effective learning in a short timeframe within an online environment.



# SESSION OBJECTIVES

## 1. To explain the relationship between resilience and mental health.

We all experience challenges during our lives, including physical illness, bereavement, work stress and many more things. To cope well with all of these challenges, we need to develop our resilience, which (in turn) improves mental well-being.

## 2. To help attendees identify factors that undermine resilience building.

Knowledge about the attitudes that undermine human resilience can help people become more self-aware and able to focus on areas for personal and professional improvement.

## 3. To help attendees to learn to understand and develop resilient behaviour.

Discover what behaviours people with high levels of resilience model in their own lives. Self-awareness, optimism, being realistic, keeping calm, showing empathy, self-control and finding motivation are all key qualities/behaviours which will be explored.

## 4. To explain the 10 key things they can do to develop their resilience.

You don't have to invite adversity into your life to build more resilience. Explore 10 key practical ways you can start to develop your resilience today.



*The training Claire provided was 100% brilliant & Educational. After every session, I was truly shocked and surprised with how little I knew about Mental Health. The course has left me wanting to learn more about the world of Mental Health and how I can help with the skill set Claire taught me. Many Thanks to Claire & the team.*

**Paul Smyth, Regional Sales Manager, You Yamaha Motor Finance at Santander Consumer (UK) plc, 17th, 2021**

# PRICE

£1500 + VAT for up to 25 attendees (POA for larger groups).

## Included:

- Powerful 2-hour workshop.
- All attendees will receive a resource pack building on all of the key topics covered in the live session.
- Hosting platform to be agreed depending on your organisational requirements.

# WHAT'S NEXT?

To speak to one of our team about hosting this workshop for your organisation call 01788340180 or email [info@mhib.co.uk](mailto:info@mhib.co.uk)

