

Resilience at Work

The pressure of quarterly returns, an overwhelming workload or dealing with unhappy clients are just some of the challenging situations that may be faced every day that can raise blood pressure and affect performance. Productivity and relationships can suffer, as well as health. And it's a vicious circle; stress leads to lower performance which leads to more stress.



Mind inSight™ Resilience at Work is a leading edge workshop that builds skills in managing pressure *in the moment that you are actually stressed*. Not theory, concepts or lists of 'what not to do', the workshop develops real skills that can be used immediately.

Learn how to:

- Be more resilient and cope better under pressure
- Build better relationships
- Focus with greater clarity and improve attention
- Achieve goals more often
- Be more effective as a leader

The benefits

■ Achieve better results

Studies have shown that emotional intelligence – a known outcome of mindfulness training – can have a huge impact on your performance. One study of a Big 4 accounting firm showed that partners who demonstrated these skills contributed **390% more** to annual profits.

■ Build a more positive working environment

Employees' perceptions of the psychological climate at work influences job involvement, work effort and work performance. Your management of relationships can play a significant part in creating this climate.

■ Increase your capacity for creativity and innovation

Being able to clear our minds 'on demand' is essential for concentration and is a skill that can be learned through mindfulness training, improving both focus and the ability to be creative.

■ Take care of your health

A study by Alan Watkins showed that up to 80% of CEOs find their job highly stressful, a fact borne out all too tragically in several boardrooms over the last few months. Being able to change your mental state and have positive control over your emotions is critical if you are to stay at your best or, better still, have an edge.



Are you born with this gene to play and perform under pressure? I would say absolutely not ... I think this is coachable.

Sir Clive Woodward, England Rugby Coach



About the workshop

The one-day workshop provides participants with an introduction to the skills. The learning can be applied immediately on return to the workplace.

- **How to recognise the signs: what is 'stress' for me?**
 - The different factors affecting each person's context
 - Examples from other business leaders
- **The role of mindfulness in resilience**
 - What mindfulness is and how it works
 - Its impact in the workplace on attention levels, creativity and relationship building
 - How it's being used in business, Olympic sports teams, the Armed Forces
 - Dispelling a few myths; it's not about being calm if you choose not to be
- **Why zebras don't get ulcers**
 - A brief look at the neuroscience behind the skills; 'fight or flight' and its impact
 - How this affects performance
 - Developing increased consciousness of my environment
 - How to avoid knee-jerk responses
- **Applying the skills to business.** Short skills practices are spread throughout the day.
 - **Developing awareness and focusing attention.** Just as physical fitness relies on exercise to develop muscle and cardiovascular capacity, so the mind is developed through attention exercises to support mental processes such as decision-making and problem solving.
 - **Applying to real-life situations.** The skills are applied in response to the pressure of client negotiations, appraisal discussions and other real-life examples (as selected by delegates)
 - **Achieving outcomes,** including relationship building and an improved sense of personal control. Practice gradually leads to the ability to perceive stressful situations in a different way and to change the responses.

Feedback from previous delegates

'These skills are extremely important throughout our organisation; we depend on them for our success'

'We should have these skills before we make partner'

'We are promoting people younger and younger; getting to terms with developing resilience as soon as possible is essential'

'This is the first time that I have been given a workshop that is helpful for me as an individual as well as a professional'

'Very thought-provoking'

'I can see the real business benefits'

The facilitators

Michael Chaskalson

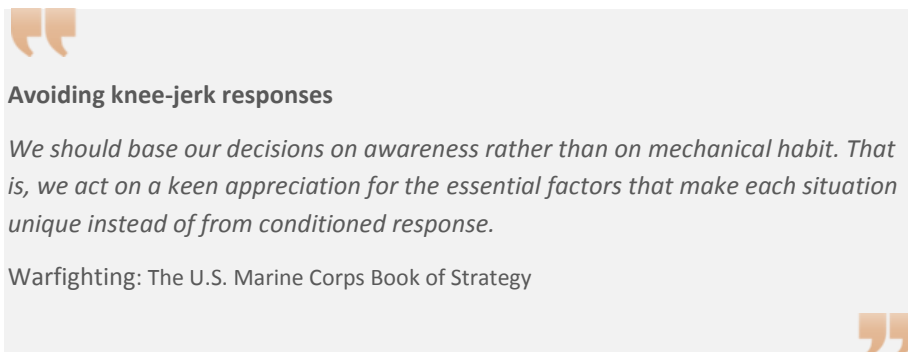
Michael is one of the UK's leading mindfulness trainers and the founder and director of Mindfulness Works Ltd., a major UK provider of mindfulness-based interventions. His book, the "Mindful Workplace", was published by Wiley-Blackwell in 2012 and has been consistently in Amazon's occupational and industrial psychology best-seller list.

He has worked with people from PricewaterhouseCoopers, AXA PPP, Lloyds Bank, Deutsche Bank, KPMG, Scottish Re, Pinsent Masons, Mills & Reeve, The Prudential, Saatchi & Saatchi, eBay, the National Health Service, GlaxoSmithKline, the UK's Home Office and Cabinet Office and several top UK business schools.

Anna Wildman

Anna's programmes have been delivered to thousands of executives in more than 60 countries up to Board level and she has personally facilitated workshops in 30 countries. She was most recently Global Director of Learning and Development for KPMG.

Now a Director at Flag Kilo and working in the field of mindfulness since 2008, Anna has designed an exceptionally practical workshop that applies the skills to participants' own situations, including client negotiations, handling complaints and delivering presentations. Her experience includes work with Cathay Pacific Airways, Investec, Morgan Stanley, Skandia, the Hong Kong Government, Standard Chartered Bank and Best Western Hotels among others.



Please get in touch if you would like more information.

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