Building Resilience

Many people believe that resilience is a trait – you either have it or you don't. This session demonstrates that resilience is a skill everyone can grow and develop. Research shows that greater resilience leads to better results, increased flexibility, stronger problem-solving, reduced anxiety, improved well-being and more positive relationships. Participants leave with practical ways to strengthen resilience, challenge negative self-talk and create a proactive, personalised plan.

Learning Objectives

- Understand the well-being red flags that are symptomatic of dwindling resilience
- Identify typical unhelpful stories we tell ourselves about the situation we are in, and dismantle, challenge and reframe the beliefs beneath these
- Creating an action plan to harness positive emotions, build a robust support system, and practice protective self-care

Learning Outcomes

- Participants have an increased awareness of their patterns, and are able to make different choices
- Participants know how to challenge their negative self-talk, in a compassionate and constructive way
- Participants know exactly what they need as individuals to be at their resilient best

"Very well presented, content interesting and useful."

The Session

Research consistently highlights the important role resilience plays in successful outcomes. Strength, talent and intelligence count for little if you can't adapt or bounce back from inevitable setbacks. Fortunately, resilience is like a muscle that can be developed, strengthening our ability to thrive.

This session explores what threatens our resilience through participants' own experiences. Particular attention is given to the negative stories we tell ourselves when we are at a low ebb. Often we experience the emotional impact of this self-talk without examining what's really driving it. Many participants find it reassuring to realise they are not alone, with laughter often emerging as common narratives are recognised. We dedicate time to alchemising these stories – understanding the positive intent beneath them, while challenging distortions and false assumptions in a kind and humane way. Participants then develop practical actions to support themselves at their resilient best. A key part of this is reflexive practice, identifying when they have been most resilient and what enabled it.

This session provides a safe, supportive environment for participants to confront blockers and build enablers. There is no single recipe for resilience – it's deeply individual. The session creates the space for greater self-knowledge, from which participants learn to harness positive emotions, build supportive networks and practise protective self-care.

