

Wellbeing and Resilience at Work



An overview with a sample of slides for both programmes,
the half day workshop and individuals and small groups

Introduction:

- There are two core documents, provided in handouts with an action plan, and also in the PowerPoint presentation which are used for BOTH training options, small groups and the workshop.
- They provide an understanding of how stress, wellbeing and resilience are all interconnected and influence the health of individuals both personally and importantly, when at work.
- By revisiting their completed action plans after 3 months it will provide an opportunity for the individual to assess any changes and progress made.

The two core documents/slides are shown as:

1. **A Wellbeing Wheel:** This provides an insight into the basic areas of health that are needed to be in balance to achieve good health and wellbeing, achieved from an accumulative effect across the whole range of positive interventions (shown on the wheel)
2. **A Resilience Wheel:** This provides an insight into some of the skills, attitudes and behaviours relating to resilience (shown on the wheel) as those who have more or greater resilience skills will be better able to manage stress, whether the source is from work or home

Other examples of the PowerPoint slides in the programme are:

- The difference between Stress and Pressure
With a trainer led discussion, an understanding of the difference is reviewed to conclude it is pressure that is good for you and needed for wellbeing.
- Identifying the signs of stress
This slide is in tandem with a comprehensive handout where individuals can review any signs they may have
- What causes stress
With a trainer led discussion, the three main categories and their causes are discussed with a closer look at personality traits which can impact the ability to manage stress

Please contact us if you have any comments or further questions at: admin@isma.org.uk

You can find more information including how to order the training pack here:

<https://isma.org.uk/isma-workshop-wellbeing-and-resilience-at-work>

What is Being Said About the Programme

"ISMA^{UK}'s training pack Wellbeing and Resilience at Work will help people enhance their mental wellbeing and manage workplace stress. It combines very accessible, useful information with interactive sessions to help them identify their own issues and how to deal with them. It is a supportive guide and toolkit for individuals, HR and occupational health professionals."

Professor Sir Cary Cooper CBE, University of Manchester, ISMA^{UK} Patron

"ISMA^{UK} quickly understood our challenges and tailored a Wellbeing & Resilience at Work – Train the Trainer programme to fit our needs. Paul Dorrington equipped our training team with the confidence, knowledge and practical tools to deliver the content in-house, and we're now rolling it out across Leicester City Council—confident it will make a real difference to our people and the services we provide."

Vicky Deacon, Corporate Health and Safety Manager, Leicester City Council

"A well-constructed and flexible training product with strong interaction and practical resources focused on resilience and wellbeing. It enables skilled facilitators to draw out meaningful discussion and support delegates through challenging times."

Brian Shanks, Accredited Professional Executive Coach, FCIPD, M InstLM, MISMA