

# Resilience at Work

Strategies for Increasing Confidence,  
Performance and Wellbeing

Weds 12 March, 1pm GMT

Free  
webinar







# RESILIENCE AT WORK

WITH LAUREL ALEXANDER

# CONTENT OF THIS WEBINAR

- Defining Resilience
- Work Issues Requiring Resilience
- Personal Issues Affecting Work-Related Resilience
- Three Mindsets contributing to Reduced Resilience
- Three Strategies to Increase Resilience

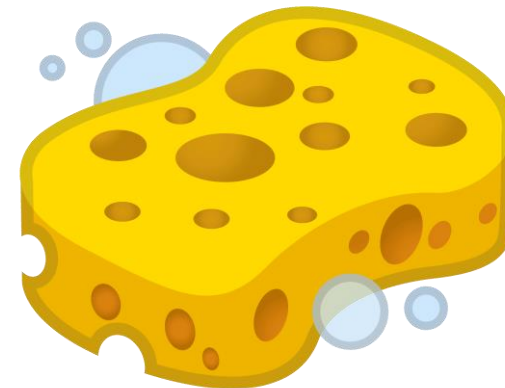


# DEFINING RESILIENCE

Resilience is a weave of mindsets and behaviours that allows us to move with empowerment through the opportunity of challenge and thrive in life.

**OR**

Resilience is like being a stress sponge: we soak up the chaos, squeeze out the nonsense, and still manage to stay absorbent for the next round!



# WORK ISSUES REQUIRING RESILIENCE

- Change of role, company policy, leadership support
- Relationships
- Isolation e.g. working from home
- Bullying/harassment
- Too little/too much work
- Continual travel
- Hazards
- Redundancy/contract end
- Diversity and inclusion

# PERSONAL ISSUES AFFECTING WORK-RELATED RESILIENCE

- Being an older worker
- Health challenges
- Being a worker of ethnic background
- Carers responsibilities
- Financial needs
- Career frustration
- Returning to work

# THREE MINDSETS CONTRIBUTING TO REDUCED RESILIENCE

## **SADNESS**

### **Characterised by:**

Disappointment, hopelessness, disinterest, and low mood.

### **Coping mechanisms:**

Withdrawal and ruminating on negative thoughts.



# THREE MINDSETS CONTRIBUTING TO REDUCED RESILIENCE

## **FEAR**

**Characterised by:**

Fight or flight response.

**Coping mechanisms:**

Withdrawal.





# THREE MINDSETS CONTRIBUTING TO REDUCED RESILIENCE

## ANGER

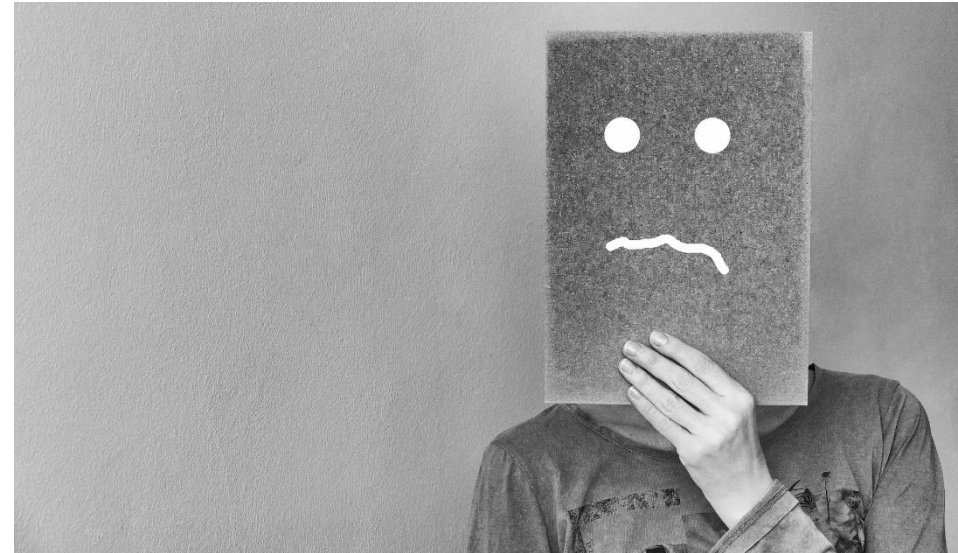
### Characterised by:

Agitation, frustration and antagonism towards others.

### Coping mechanisms:

Impetuous decision making, depression, excessive drinking, eating or substance abuse.

Cathartic coping strategies include clarifying our needs, finding solutions, and taking action.



# THREE STRATEGIES TO INCREASE RESILIENCE

1. When our confidence is high and self-esteem strong we have the strength to deal with anything and we have the ability to ask for support when we need it.

2. By enhancing our focus with mindful awareness, we know how to prioritise and manage our time productively while allowing for rest and nourishment.

3. Wellbeing is a way of life which you and I deserve and need on a daily basis.



# STRATEGY 1: CONFIDENCE BUILDING

## BENEFITS

- Increased self-awareness.
- Assertive communication.
- Management of strong emotions such as anger, fear and sadness.

## EASY WINS

- Improve your body language.
- Take ownership and speak your mind clearly and with respect. Be open to compromise.
- Remembering strong emotions can be a catalyst for positive change.

# STRATEGY 2: ENHANCING FOCUS & PRODUCTIVITY

## BENEFITS

- Increased mindful awareness.
- Ability to prioritise.
- Improved decision-making.

## EASY WINS

- By staying in the present, you can allow space for positive change.
- Focus on one task at a time.
- Set one realistic goal for each work day.



# STRATEGY 3: SUSTAINABLE WELLBEING HABITS

## BENEFITS

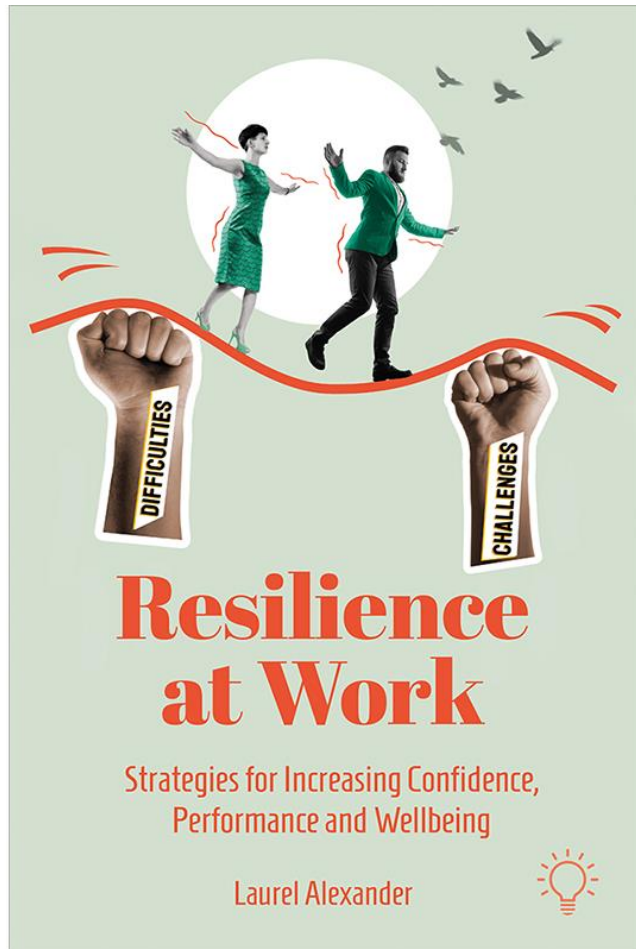
- Improved mental health.
- Higher morale.
- Less physical tension.

## EASY WINS

- Eating nutritious snacks and staying hydrated will enhance your mental focus and energize your body.
- By creating a realistic wellbeing plan for yourself, you will improve your daily mojo.
- Take regular movement breaks.

# RESILIENCE AT WORK

LAUREL ALEXANDER'S LATEST BOOK



AVAILABLE IN EBOOK OR PRINT FROM PAVILION PUBLISHING AND MEDIA LTD

An accessible and practical self-coaching guide for anyone seeking to proactively strengthen their own levels of work-related resilience in order to unlock increased workplace confidence, higher job performance and improved overall well-being.

Use coupon code RAW20 to save 20% on

Print **£22.36** RRP: ~~£27.95~~

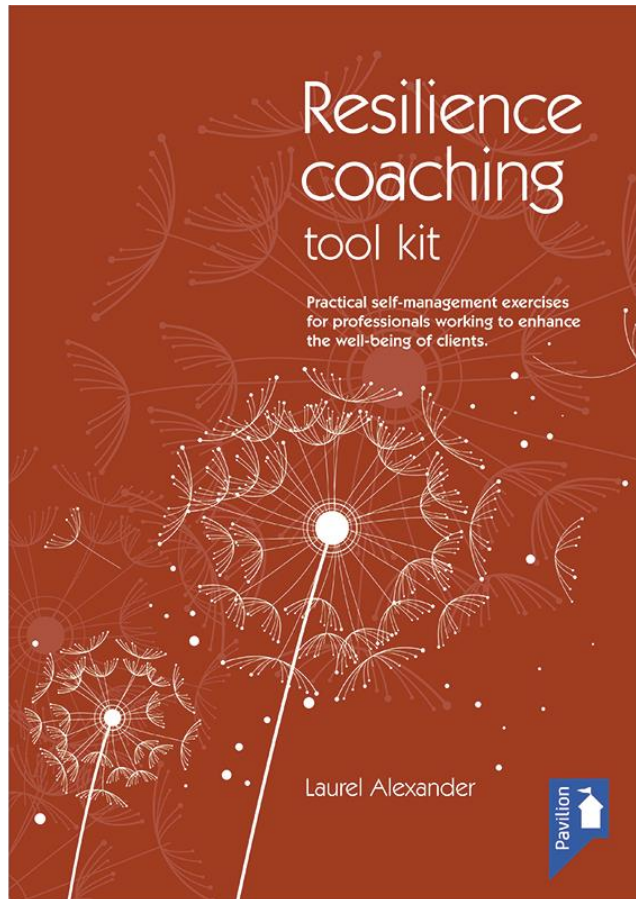
Ebook: **£18.00** RRP ~~£22.50~~

[bit.ly/4jVRdfy](https://bit.ly/4jVRdfy)



# RESILIENCE COACHING TOOLKIT

ALSO BY LAUREL ALEXANDER



Use coupon code RAW20 to save 20% on

**Print £72.00** ~~RRP: £90.00~~

[bit.ly/417k4q2](https://bit.ly/417k4q2)







LAUREL  
ALEXANDER

RESILIENCE COACH & SUPERVISOR

[www.laurelalexander.co.uk](http://www.laurelalexander.co.uk)