

## Coaching Intensive Resilience Day Programme

*'Resilience is the ability to remain flexible in our thoughts, feelings and behaviours when faced by a life disruption or extended periods of pressure, so that we emerge from difficulty stronger, wiser and more able'*

Dr Carole Pemberton – 'Resilience'

VUCA (volatile, uncertain, complex and ambiguous) is an acronym used by the American military to describe extreme conditions in Afghanistan and Iraq. Whilst not literally under hostile fire, it can often feel like we are running to stand still.

A Coaching Intensive Resilience Day Programme is designed to help leaders meet and respond well to the demands being made of them. We won't eliminate stress. But we can build resilience which is a buffer to stress. We can create space and change the relationship between us and things that deplete us. We can build new habits, strengthen our reserves and gain much more ease and pleasure from work and life.

Whether you are feeling overwhelmed; or coping - but not particularly enjoying the experience; or fine but wanting to build up reserves – maybe you have a new role or increased responsibilities - this programme will help.

It's a chance to take back a bit more control and look after yourself so you can do a better job.

The Resilience Day can be a standalone programme or incorporated into a 6 month coaching programme. In a practical sense, it can work well for someone who has a lot of international travel.

The programme starts with some pre-work. I send you some pre-questions and if you haven't done MBTI (The Myers Briggs Type Indicator), I will set you up to complete a questionnaire on line. I will debrief you via Skype or videoconference ahead of the Resilience day.

The session runs from 10am to 4pm at All Saints Court in Canterbury. Having time away from the office minimises distractions and helps you to think clearly and freely. We will go through a variety of structured exercises designed to help you understand your own responses, manage them better, put you on the front foot and equip you with tools that you can use again. Towards the end of the day, we will create a habit plan around one of your actions that you can practise and refine.

After a 48 hour check in to see how the Resilience Day has landed, there is a follow up 1 hour coaching call 6 weeks later, to establish how you are doing with the actions and the habit plan you created. Usually people notice a big difference by this point.