

Resilience Impact in Coaching

one-day workshop with Jenny Campbell

Join Jenny Campbell, world-leading resilience expert and our academic director of the Resilience Accreditation Programme for this one-day deep-dive into resilience and its impact on your coaching practice. Given our post-covid, uncertain world, this starter workshop will enhance your understanding of resilience as a key strategic capability enabling your clients to adapt to change.

The day will weave the latest research on Healthy Organisations, the Resilience Engine's core resilience theory plus real case studies as a practical way of exploring what resilience means to you and your clients. Case studies will be drawn from both individual and team coaching contracts.

Resilience coaching sharpens the coaching saw. It helps you make more clear choices and ethically backed decisions on how you support your clients. Resilience accounts for your clients' experience of stress, control, and change and explicitly works to enable higher adaptability in clients so they can move towards their goals more successfully and easily.

Whilst the world has awakened to the issues and impact of mental health as a result of the pandemic, organisations are still not clear how to bring resilience into the heart of supporting the workforce. This workshop will explore what Healthy Organisations do, why they perform better than others, and how you as a coach, internal or external, can bring this thinking into your day-to-day practice.

What you will learn

- ◆ Insights from the recent research into Healthy Organisations, and why they have higher performance and more healthy workforces
- ◆ The core resilience theory based on the foremost research model, the Resilience Dynamic®
- ◆ How the Resilience Dynamic® can be used in practice to understand a client's current resilience level.
- ◆ The links between resilience, stress, wellbeing and performance – by examining case studies to take the ideas into evaluating your own clients' resilience and also explore your own resilience.

Dates

6 December 2022

Times

9.30am to 16.30pm GMT

Venue

Via Zoom

Fees

£240 + vat

Booking procedure

Please fill in an application form at www.aoec.com

Please note this virtual workshop is also a taster for the Resilience Accreditation Programme which continues with several other components including five virtual modules, videos and virtual discussions, written submissions, client work and 1-1 and group supervision.

How you learn

- ◆ Led by Jenny bringing real case studies from the Resilience Engine's extensive practice, you will explore what resilience is and how it can show up via the frame of the Resilience Dynamic®.
- ◆ Based on the content of the book 'The Resilience Dynamic®' by Jenny Campbell, you will be working in small groups, with whole group summation to look at some of the ways that resilience shows up and how to adapt your practice to enable clients at different resilience levels.

Your learning experience

- ◆ Learning is shared through virtual sessions and the whole learning group which is facilitated by the faculty.
- ◆ Your learning and development are always supported in a safe environment to encourage curiosity and reflection on how learnings from the case studies may apply to your own practice.

Faculty

Jenny Campbell

Jenny is chief executive and lead researcher of The Resilience Dynamic®. She believes that resilience is the foundation for thriving and being at ease, in any walk of life. She is passionate about making life better for people through the simple and deep findings of her resilience research. The Resilience Engine's mission is to make the research findings accessible to all, and so the company has set about crafting online learning guides and toolkits and enabling others to become practitioners of the research. She has authored 'The Resilience Dynamic®' to further enable the understanding and development of resilience in leaders and managers.

About the Resilience Dynamic®

The Resilience Dynamic® believes that everyone deserves to perform well without compromising their wellbeing. This is what resilience delivers. Resilience is the capacity for change. Building resilience means honing the skills of adapting which rely on a healthy mind and body.

It helps organisations embed resilience skills in a straightforward and suitable way. Its approach is built on over ten years of research and experience in the field.

This workshop stands alone and can also double up as a taster introduction to the longer Resilience Accreditation Programme which you can go onto study and features several component parts including five further virtual modules, videos and virtual discussions, written submissions, client work and both 1-1 and group supervision.

Accreditation

- ◆ This one-day workshop will provide a certificate of attendance 6 CPD hours.
- ◆ This programme does not provide CCEs.

To talk through the details of our resilience programmes and how we can help you, please contact:

enquiries@aoec.com