



Business & Personal Resilience: Core Level Programme

This course is for those business leaders who want to develop a broad base of the skills, knowledge and understanding needed to achieve high resilience. It is specifically for leaders at any stage of their business from pre-start to growth through to exit planning to help them create or develop a strategy that works for their circumstances.

We will explore key principles of personal resilience, business resilience and purpose as self-management and business protection tools, choosing your personal strategy and developing systems to action plan, reviewing your and your team's progress and implementing change.

1-day face to face course including planning resources.

This day contains 4 learning outcomes which will support you to:

- Be able to understand the components of a successful business resilience strategy
- Be able to effectively recognise resilience issues and impact
- Be able to develop personal resilience skills
- Be able to create and develop an effective high resilience culture within your team

The course includes a mixture of trainer-led resources, discussions, self-assessment and breakout sessions to bring the theory to life for you.

Once you have completed the course, you will be able to:

- Understand the difference between business resilience and business continuity
- Understand key best practice for resilience that meets your business needs
- Be able to build your team with developing positive relationships and avoiding stress
- Apply appropriate self-analysis techniques to understand your own resilience style and strengths
- Identify your key purpose and translate to priorities and actions
- Understand resilience best practice and relate it to your circumstances
- Develop your own personal resilience development plan
- Identify future development activities to continually improve yourself and your business

To find out more information about costs and how to book, please contact Jackie:

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Via our website: www.leapfrogmountain.com/contact.html