



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 tool, choosing your personal strategy and developing systems to action plan, review your and your team's progress and implement 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

