

**Dave Jones Consultants***Captivating Practical Learning BIG Results!*

RESILIENCE AT WORK



*Combat the internal and external threats to your Resilience at Work
Eliminate stress, over commitment, boundary breaking, negativity and more!*

COURSE OVERVIEW

The cost of being great at your job can never be you. A reasonable philosophy, and yet those of us who are passionate in our work know how hard it is to apply that concept on a daily basis. Remote work has made it harder than ever to create a separation between our working and personal lives. The bleed is real. Your body and mind send you signals that you are paying too high a price for the outputs you expect and the inputs you are putting in. It's easy to confuse a sore stomach, aching back, headache, irritability, heart palpitations and more with simple body ailments. It's easy to miss the connection between those physical symptoms and the way you are working. This course helps you to change the way you work so that passion and high performance do not come at the cost of you.

LEARNING OBJECTIVES

This course will teach participants to:

- Sustain top performance in your work
- Maintain hopefulness in your outlook
- Create a calm emotional state
- Deliver on the promises you make to yourself and others
- Teach others how to treat you
- Be your own resilience coach
- Have energy outside of your work
- Recover from stressful situations
- Increase your feelings of agency and self-control

COURSE OUTLINE

Resilience Assessment

- Identify personal/professional resilience protectors
- Identify personal/professional resilience threats
- Communicate your assessment to others

Saying No While Saying Yes

- Use improvisation techniques to modify timelines
- Deflecting non-core work requests
- Re scoping work to match resources



COURSE OUTLINE - CONTINUED

Enforcing Boundaries

- Set, respect and communicate relationship limits
- Identify, set and communicate emotional limits
- Identify, set and communicate intellectual limits

Prioritize and Manage Risk

- Align efforts with mission vision values
- Align strategy with business practices
- Craft and communicate risk accountability

Positive Psychology

- Connect positive practices with physical and mental health
- Identify and manage challenges with locus of control efforts
- Adopt habits that prevent burn out

AUDIENCE & GROUP SIZE

Designed for all employees who desire results and who want to make a difference in their workplace

At Dave Jones Consultants, class sizes are kept small for a more in-depth learning experience customized for the participants. This instructor-led, in-person/remote course will ensure participants receive hands-on training with real-life applications.

COURSE MATERIALS

Each participant is provided a workbook with reference materials. Each participant also creates additional materials, personalized to his or her own workplace situation. The combination of these two elements creates a manual that is used throughout the year.

COURSE LENGTH

Resilience At Work is a 1-Day course.