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**Impactful Personal Resilience**

**New face 2 face training with proven techniques that build impactful**

**personal resilience to life and work pressures.**

**Part 1 – Emotional Regulation**

This session explains why ‘coherence’ is a critical life wellbeing skill for everyone. It shows

how you can physiologically influence your reaction to any potentially stressful situation by using a technique that positively influences Heart Rate Variability.

**Outcomes:**

* Understanding of the basic science of neuro-cardiology; how attaining ‘**coherence’** ensures that your mind, body and emotions are all working in balance.
* Improves the effectiveness of the heart and how it communicates with the brain’s emotional and cognitive centres.
* Using **biofeedback** you can learn how to change your own Heart Rate Variability (HRV) to increase coherence **by connecting to a monitor** to see your own results.
* Discover how to prepare yourself **before** a potential stress issue occurs, **in the** **moment** of a stressful event, and be able to reset **after** a stressful incident occurs. This can reduce personal risk factors relating to adverse mental and physical health conditions.

**Break**

**Part 2 – Relationships**

This session shows NHS employees how to be more self-aware of their own, and other people’s behavioural preferences. Knowledge of how to adapt and flex your own preference builds rapport and enables effective communication with others, including patients, work colleagues, friends and family. Miscommunication is often a root cause of stress.

**Outcomes:**

* Learn the dominant **behavioural preference** you have.
* Understand that everyone has different preferences and the **challenges** this brings.
* Discover the preferred role that you play in a **team.**
* Know your preferred ways to **communicate** and be communicated to.
* Explore individual strengths, communication styles and **approaches to** **setbacks.**
* Be aware of your, and others, behavioural tendencies on a **good day** and **bad day.**

**Lunch Break**

**Part 3 – Wellbeing**

This session shares key knowledge and techniques for supporting mental wellness, sleep quality, thinking patterns and learning new beneficial habits. By referencing the morning sessions, delegates will discover how the techniques shared can be synergised for maximum effect.

**Outcomes:**

* Know what **stress** and being **resilient** really means - destroying the myths.
* Understand how to recognise stress related symptoms of depression or anxiety using **Mental Health First Aid**.
* The way we think determines how we feel – discover how you can recognise errors in your **thinking patterns.**
* Improve your knowledge about sleep with the latest science and research, and know the actions that can be taken to acquire the **sleep quality** you need.
* Discover the strategy behind how you can adopt new **beneficial habits**, and the critical factors you need to employ to ensure that any new desired positive habit sticks.
* Experience and learn of the benefits **mindfulness** and **meditation** to enhance your ability to think and focus clearly, calm your mind.

**Roddy M Herbert** is CEO of Koru International, a health and workplace wellness consulting firm specialising in **international award-winning training** to Corporate, NHS, and Education sectors. He also co-authored an **Amazon No.1 Best Selling Book  “Success Secrets of Disruptors”.**

**D**uring the COVID-19 pandemic, and more recently with the increasing pressures on staff in all roles, Roddy has supported numerous NHS Trusts delivering Power Skills virtually and in face to face workshops by supporting key workers to be resilient to pressure, and have the capability to perform.

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**Delegate comments from NHS Foundation Trusts**

*“Today's session was so helpful for giving me some tools for mental wellness and lots to share with my colleagues and family. It felt so positive to take a day out to think how we can improve wellness and coping strategies.”*

*“It was fantastic, I have got much more out of it than I imagined, powerful skills and tools to help with my daily life and relationships at work and personal life and my own wellbeing! I didn’t realise I needed this course so much!”*

**Face 2 Face sessions with Roddy are on the following dates:**

**Bedford: Luton:**

Wednesday 26th June Room C Thursday 18th July Fountain Suite

Thursday 26th September Room B Tuesday 8th October COMET 5