

Resilience Power Skills Training

with Roddy Herbert

How you deal with high pressure and challenging situations will influence outcomes - including your health and wellbeing, relationships and overall performance. It is therefore critical to have the techniques and knowledge to be able to regulate your emotions, facilitate psychological and physiological wellness, and be equipped to take responsibility to support yourself and others. Yet in stressful times these personal resources are often compromised.

Resilience Power Skills, (part of an international award-winning training programme), is broken down into three manageable and flexible sessions to take account of the COVID-19 pandemic.

By using the latest science and research, *the why*, and showing the tools and techniques, *the how*, these three sessions will share the rationale and techniques to enable delegates to take action to be resilient to pressure and have the capability to perform.



Roddy M Herbert is CEO of Koru International, a health and workplace wellness consulting firm specialising in award-winning training to organisations, that enable people to improve their personal resilience, performance, happiness, and wellbeing.

During the COVID-19 pandemic Roddy has been working with numerous NHS Trusts specifically delivering Power Skill webinars, to support key workers to be resilient to pressure and have the capability to perform.

Resilience Session 1 - Coherence

How to attain it and why it is a must have work / life skill

This first session explains how you can physiologically influence your reaction to stressful situations using a technique that positively influences Heart Rate Variability.

Outcomes:

- Understand the basic science of neuro-cardiology; how attaining '**coherence**' ensures that your mind, body and emotions are all working in balance.
- Improve the effectiveness of the heart and how it communicates with the brain's emotional and cognitive centres.
- Learn how to change your heart rate variability (HRV) to increase your coherence, demonstrated using **biofeedback**. This technique improves your ability to **self-regulate your emotions** and gain full access to your **cognitive functions** during stressful times.
- Discover how you can **protect** yourself **before** stress occurs, and **in the moment**, and to be able to reset **after** a stressful incident so you don't succumb to the adverse health implications of having increased levels of cortisol (stress hormone) in your system.

Resilience Session 2 – Relationships

‘Knowing me, knowing you’ – Behavioural Profiling Tools

This session enables delegates to be self-aware of their own and others behavioural preferences, and how they would like to be interacted with. It will also show how delegates can flex and adapt their own behavioural preference to build rapport and communicate more effectively.

Outcomes:

- ✓ Gain an introduction to your ‘colours’ through a behavioural profiling tool.
- ✓ Know 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**.

The aim of this session is to understand yourself, which helps you understand others, and gives you the knowledge to adapt your behaviour to the behavioural preference of others. This not only minimises potential stressors but ensures that the communication you have with others is more effective.

Resilience Session 3 – Wellbeing

Sleep, thinking patterns, habits and meditation – how they are interrelated

This session shares key knowledge and techniques for supporting mental wellness in others, sleep quality, thinking patterns and learning new beneficial habits. By referencing session 1 and 2 (attaining coherence and understanding behavioural preferences), delegates will discover how Resilience Power Skills can be synergised for maximum effect.

Outcomes:

- ✓ Know what **stress** and being **resilient** really means - destroying the myths
- ✓ Understand how to recognise, and use best practice to support, another person with depression or anxiety using **Mental Health First Aid**.
- ✓ The way we think determines how we feel – discover how you can recognise errors in our **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, and research also shows it can also improve your immune system.

Dates:

Date	Time
20th November 2023	Session 1 – Coherence (9.00 – 10.30) Session 2 – Relationships (11.30 – 1.00) Session 3 – Wellbeing (2.30 – 3.30)
7th December 2023	Session 1 – Coherence (9.00 – 10.30) Session 2 – Relationships (11.30 – 1.00) Session 3 – Wellbeing (2.30 – 3.30)
25th January 2024	Session 1 – Coherence (9.00 – 10.30) Session 2 – Relationships (11.30 – 1.00) Session 3 – Wellbeing (2.30 – 3.30)
2nd February 2024	Session 1 – Coherence (9.00 – 10.30) Session 2 – Relationships (11.30 – 1.00) Session 3 – Wellbeing (2.30 – 3.30)
15th March 2024	Session 1 – Coherence (9.00 – 10.30) Session 2 – Relationships (11.30 – 1.00) Session 3 – Wellbeing (2.30 – 3.30)