Systems Leadership Masterclass Series 2020

Resilience: Your Mindset; Your Choice

A practical, challenging and empowering workshop based on a new psychotherapeutic model of change which is the ABLE model.

“Productivity has increased as I have renewed motivation and belief that I can address obstacles and move forwards”

Resilience Masterclass 2019 Participant
An individual's level of resilience has a significant impact on how we cope with the stresses and strains on our lives, both in and out of the workplace. To enable staff to reduce stress and build their internal support systems, Thames Valley and Wessex, Kent, Surrey and Sussex Leadership Academies have commissioned this 1/2 day workshop to give participants the opportunity to rewire their mindset by using a number of tools and techniques and in the process, build their resilience.

**Who this programme is for**

This opportunity is open to all colleagues from across the South East in line with our future regional footprint.

**Attending this workshop will help participants:**

- develop self-awareness and understanding about their own responses to stress and show them how to rewire them in order to have and maintain a resilient response

- understand that they are ABLE to create a resilient mindset, that it is a choice to be resilient or not and that it is their mindset approach to a situation not the situation itself which determines whether they are resilient

- understand the components of mindset, understand how their mindset is currently geared (usefully or uselessly) and then using the ABLE model gives them the tools and techniques to rewire their mindset so they can create a mindset of resilience.

**The ABLE model has four components:**

- Authenticity
- Belief
- Location
- Empowerment

This workshop uses psychotherapeutic frames and models to create real change within the session itself and beyond including Transactional Analysis, CBT and NLPt.

"It has made a MASSIVE difference to me; I have been kinder on myself and happier. And I now have a better relationship with my line manager who I was able to talk to as a result of coming on the programme.” Resilience Masterclass 2019 Participant
Available dates and locations and how to book


Places are limited and offered on a ‘first come, first served’ basis. We reserve the right to close registrations when all places are filled (a waiting list of 10 places will be held).

Please book early to avoid disappointment. Once your place is confirmed please make sure the masterclass is booked in your diary.

Keep in touch:

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About Shiny Mind

Delivered and created by Rebecca Howard FRSA who is a multi-award winning entrepreneur, Leadership Psychotherapist and psychotherapeutic executive coach. Rebecca is also an experienced trainer and facilitator with extensive experience working with the NHS in leadership development specialising in resilience, authenticity, mindset, performance and organisational culture and is a Master Practitioner and certified trainer in Neuro-Linguistic Programming (NLP).