

Coaching Intensive - Resilience Day

'Resilience is the ability to remain flexible in our thoughts, feelings and behaviours when faced by a life disruption or extended periods of pressure, so that we emerge from difficulty stronger, wiser and more able'

Dr Carole Pemberton – 'Resilience'

VUCA (volatile, uncertain, complex and ambiguous) is an acronym used by the American military to describe the extreme conditions of armed conflict. Whilst not literally under hostile fire, it can often feel like we are running to stand still.

This coaching intensive is designed to help leaders meet and respond well to the demands being made of them. We won't eliminate stress. But we can build resilience which is a buffer to stress. We can create space and change the relationship between us and things that deplete us. We can build new habits, strengthen our reserves and gain much more ease and pleasure from work and life.

Whether you are feeling overwhelmed; or coping - but not particularly enjoying the experience; or fine but wanting to build up reserves – maybe you have a new role or increased responsibilities - this programme will help. It's a chance to take back a bit more control and look after yourself so you can do a better job.

This coaching intensive can be standalone, or it can be incorporated into a longer coaching programme. In a practical sense, it can work well for someone who has a lot of international travel. For clients based overseas the format described below is adjusted so the whole programme can be conducted video conference.

It starts with some pre-work. I send you some pre-questions and if you haven't done MBTI (The Myers Briggs Type Indicator), I will set you up to complete a questionnaire on line. I will debrief you via video conference ahead of the resilience day.

This is followed by a day-long session at All Saints Court in Canterbury. Having time away from the office with minimal distraction helps you to think clearly and freely. We go through a variety of structured exercises designed to help you understand your own responses, manage them better, put you on the front foot and equip you with tools that you can use again. Towards the end of the day, we create a habit plan around one of your actions that you can practise and refine.

After a 48 hour check in to see how the resilience day has landed, there is a follow up 1 hour coaching call 6 weeks later, to establish how you are doing with the actions and the habit plan you created.