

Building Resilience & Self Awareness through Mindfulness

Introduction / Course Aim

The world has become a more stressful place. Building and equipping ourselves with resilience skills enables us to cope with the pressures of work and life. Learning how to be resilient requires an understanding of ourselves, how we respond to situations and the impact that we have on others; self-awareness. Self-awareness and resilience can be enhanced by practicing mindfulness techniques, which have an additional benefit of reducing the negative stress in our lives. This course aims to:

- Introduce you to the concept and characteristics of resilience
- provide you with techniques for managing your stress
- build your understanding of self-awareness and emotional intelligence
- grow your knowledge of, and practice, mindfulness

Course Objectives

By the end of this course, participants will be able to:

- Define resilience and understand why it is so important
- Identify the characteristics of resilient people
- Learn from their past and how it affects their physical response to stress
- Understand the causes and types of stress
- How to take control of stress through building their self-awareness
- Grow their emotional intelligence using the 5 Aspects model
- Identify the depletion of resilience in themselves and others and learn how to take back control
- Understand how the two modes of experience influence our ability to be mindful
- Adopt a beginner's mindset in terms of growing mindfulness skills
- Learn how to gain control by letting go
- Practice mindfulness techniques in a number of different aspects of work and life

Content

A sample of what is covered includes:

UNDERSTANDING RESILIENCE

- What is resilience?
- Why is resilience important?
- Characteristics of resilient people
- Learning from our past
 - Autonomic and sympathetic nervous systems
 - The fight, flight and freeze response
- Ways to build resilience

MANAGING STRESS

- Understand the causes and the effects of stress on our bodies
- The different types of stress and the impact they have
 - Acute
 - Chronic
 - Eustress
- Identifying the patterns of stress and how to manage it
- Different techniques for taking back control

UNDERSTANDING SELF-AWARENESS

- Introduction to self-awareness
- Your frame of reference
- Johari Window
- The Goleman/Sterrett models of Emotional Intelligence
- Grow self-awareness through the 5 Aspects model
- The impact of the imposter syndrome on resilience and stress management

GROWING MINDFULNESS

- What is mindfulness?
- The two modes of experience
- The skills of mindfulness and the beginner's mindset
- Gaining control by letting go
- Mindfulness techniques
 - Breathing
 - Direct Observation
 - Eating
 - Exercise
 - Conversations and social interactions

BUILDING RESILIENCE AND SELF-AWARENESS

- How to recover from stress
- Building strength and endurance
- Positive thinking and kindness
- Your relationships



