



# The Art of Resilience and Managing Through Difficult Times – Live Webinar

**3** external CPD points

## Introduction

During this turbulent and challenging time, we understand that you may be struggling with the impact that COVID is having on your role or that of your team, family and friends and the hospital as a whole and you may be feeling vulnerable with additional responsibilities as well as trying to support others.

This webinar has been created to offer you techniques and tips to help you through this period, and to help develop greater resilience through practical advice and guidance.

As a wake up call to this topic, each participant will be given the chance to complete an online 'Energy Profiler' before the course.

## Course structure

- 2.5 Hour Webinar

## Webinar objectives

- Understand resilience as a process; from recognition to reset to response
- Review the science behind The Key Human Performance Indicators (KHPIs)
- Learn the critical factors that influence health and wellbeing, resilience and performance
- How to take control of your life, both at and away from work in difficult times
- Understand techniques and tools to help with sleep, mindset, nutrition, exercise, organisation, and relationships
- Create a personal performance contract

To book or enquire about this programme please contact us on:

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