

# Resilience Coaching

🕒 2.5 CPD Hours



**INTERMEDIATE** – For experienced practitioners who have a sound understanding but would like to further improve their skills.

## What do resilient individuals do? They...

- Have an optimistic style
- Use their strengths
- Maintain perspective
- Operate in their "circle of influence"
- Seek meaning/purpose
- Think "can do"
- Connect to others
- Set goals

Resilience Coaching assists with developing and sustaining resilience. The coaching works with the following concepts:

- Optimism – Holding negative beliefs is a barrier to overcoming difficulties; optimists put negative events behind them and look to the positive aspects.
- Adaptability – The most important aspect of resilience, how easily we adapt to a changing environment.
- Thoughts, attitudes and beliefs – the most important aspect of communication, how we perceive something may influence our reaction to an event.
- Self-awareness – Those who are more self-aware have a greater ability to predict how they will behave in any situation.

- Self-control – People with poor self-control tend to work impulsively and later regret their hasty decision.
- Empathy – The awareness of others is important for reducing stress during communications.
- Positive emotions – Turning negative thoughts into positive thoughts reduces stress.
- Sociability – People who are competent at socialisation are more likely to develop awareness of others.

The coaching process builds a personalized resilience plan working with the concepts of "Positive Psychology". Positive psychology focuses on the positive aspects of significant events. We build upon the individuals' strengths and challenge negative self-talk/beliefs.

- The first session involves a "Personal Stock Take" looking at physical, emotional and cognitive resilience and tailored to the unique requirements of each client.
- The following two sessions will focus on areas that deliver a real and significant impact by building an achievable plan with ongoing sustainable goals.



## Presenter – Steven Colligan

Steven is a registered psychotherapist and organisational development specialist with over 20 years' experience. Steven specialises in: Capability building, Business Transformation, Change Leadership and Human Resources Transformation.

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