

The Neuroscience of Resilience



Introductory

For practitioners who would like a good foundation to improve their skills.



2.5 CPD Hours

Feeling blue? It's not avoiding the bad days that matters. It's learning how to make them better. The Neuroscience of Resilience addresses mental health issues in the workplace and provides strategies to assist both management and staff.

The Neuroscience of Resilience is a 2.5 hour session led by Steven Colligan, a registered psychotherapist and organisational development specialist with over 20 years' experience. Steven will take staff through an informative and interactive programme that explains how to recognise stress and its triggers, and introduces and demonstrates various coping mechanisms.

Sessions topics include:

- Resilience
- Optimism

- Problem analysis and solving
- Impulse control and tolerance of ambiguity
- Emotional awareness/intelligence/regulation
- Empathy
- Self-efficacy
- The Change Cycle

Following the session, staff will be encouraged to implement a personal resilience plan and be better informed about, and aware of, how to cope with the pressures of working life.

This innovative programme aims to empower staff and potentially result in a more positive working environment and a happier, healthier, and more productive workforce.



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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