



Resilience in a Remote World

The Resilience in a Remote World session helps individuals develop their resilience in a time when we face all the pressures of remote working during a crisis. It helps individuals reflect on their strategies for building resilience and how their personal preferences influence their methods of coping with pressure. By increasing their resilience, people can more easily cope with the challenges thrown in their path, and prevent stress and burnout.

Who is it for?

The Resilience in a Remote World session is suitable for people at all levels and is our response to the needs of teams and organisations who:

- Have some or all team members working virtually
- Want to support their people through the pressures of the current crisis
- Want to build greater resilience for their people and teams

By becoming more resilient, your people will be better placed to respond – and help your organisation respond – to today's pressures.

“You are not born with a fixed amount of resilience. Like a muscle you can build it up, draw on it when you need it and in that process you will figure out who you really are – and you might just become the very best version of yourself.”

– Sheryl Sandberg, Author and COO Facebook



Learning objectives

The two-hour session is supported by a pre-session e-module and a digital personal profile that your learners can use to achieve the learning objectives.

At the end of the session learners will be able to:

- Increase knowledge of personal resilience and its key contributing factors
- Understand differences impacting personal resilience within the context of colour energy preferences
- Identify your personal resilience resources and drains, and begin to build a personal resilience strategy

Delivery

The Resilience in a Remote World session is a two-hour virtual event using virtual conferencing technology. The session is designed so that your learners can enjoy interactive exercises and group discussion, while being guided through engaging learning content by an expert facilitator.

Learner commitments

- We want you to be fully engaged with the facilitator, your fellow learners and the materials as you move through this virtual experience
- We encourage you to commit fully to your personal development by completing the self-directed learning
- A webcam is highly recommended
- You'll need a quiet space to allow full participation and concentration
- If you cannot get a fully private space in your office or home please let everyone around you know you are engaged in a learning experience
- Please treat this programme as if you were in a room with others for a face-to-face experience

Virtual session agenda

What is resilience?

- Personal resilience and the impact it has on decision-making, productivity and wellbeing
- Reflecting on your own natural resilience and how to build on it further

Resilience factors checklist

- Explore the eight factors of resilience and how each play a part in learning to cope better
- The eight factors include: Connection, Self-awareness, Self-regulation, Self-efficacy, Self-care, Acceptance, Meaning and Purpose, and Improvising Solutions

Colour lens of resilience

- Resilience in the context of individual colour preferences
- How each colour energy can contribute to or hinder natural resilience, and how to improve it

Building a personal resilience strategy

- Practical steps and resources, including job aids, to help strengthen your resilience
- Build a strategy to help you handle pressures and changes in a healthy and constructive way

Virtual learner kit

Every learner will need their virtual learning kit. This kit equips them with the information and tools they need to understand their own resilience and take action back in the workplace.

Every learner will need:

- **The Insights Discovery Personal Profile** – an in-depth fully customised personal profile that provides the learner with information about their working approach, communication style and blind spots. Every profile comes with the Foundation Chapter, but we also recommend learners receive the Management Chapter, which gives them information about their management style, how they prefer to be managed, and their ideal working environment

In addition, the virtual learner kit includes:

- **Resilience in a Remote World pre-learning module** – a short e-learning module that learners attend before their session to understand the basic concepts they'll be exploring
- **Resilience factors activity sheet** – this document outlines the eight resilience factors and what people can do to build resilience in each
- **Multi-coloured resources activity sheet** – this activity sheet lets learners build their own resilience strategy through a colour energy lens, letting them tap into each colour energy to increase their resilience
- **My Resilience Transfer activity sheet** – this activity sheet is for learners to capture their learns and actions from the session, including how they plan to increase individual and team resilience