

Developing Workplace Resilience for Top Performers



Course outline

Provided by: Performance Management Consultants – PMC Training

Reference no. 148-16

Duration 1.00 day(s) | 6:00 hours ¹

Website link <https://pmctraining.com/training/developing-workplace-resilience-for-top-performers/>

How to Sustain High Performance in Challenging Times

The pace of work has never been faster. The amount of change is unprecedented. The standards of performance are rising. The tools that help us burn out are abundant. Our challenges just keep ramping up. The stakes seem so high. For better or worse, this pace of change is here to stay.

As a top performer, if you can't change the circumstances around you, change the circumstances within you. This program will give top performers what they need to stay strong and get stuff done – for the long haul.

Learning outcomes

By the end of this workshop, you will be able to:

- Sustain top performance in your work
- Maintain hopefulness in your outlook
- Create a calm emotional state
- Deliver on the promises you make to yourself and others
- Teach others how to treat you
- Be your own resilience coach
- Have energy outside of your work
- Recover from stressful situations
- Increase your feelings of agency and self-control

Workshop topics

Resilience Assessment

- Identify personal/professional resilience protectors
- Identify personal/professional resilience threats

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

- Communicate your assessment to others

Saying No While Saying Yes

- Use improvisation techniques to modify timelines
- Deflecting non-core work requests
- Re-scoping work to match resources

Enforcing Boundaries

- Set, respect and communicate relationship limits
- Identify, set and communicate emotional limits
- Identify, set and communicate intellectual limits

Prioritize and Manage Risk

- Align efforts with mission vision values
- Align strategies with business practices
- Craft and communicate risk accountability

Positive Psychology

- Connect positive practices with physical and mental health
- Identify and manage challenges with locus of control efforts
- Adopt habits that prevent burnout

Prerequisites

There are no prerequisites for this course.

Who should attend this course?

High performing individual contributors and leaders