



Building Resilience

© Dr Derek Roger www.challengeofchange.co.uk

Preventing Pressure Becoming Stress

- 1 | Improve focus and have better control of your emotions
- 2 | Build confidence and increase the quality of how you experience work
- 3 | Improve your relationships with others

People in the workplace today are under increasing pressure. Each year we work with people whose workplaces are characterised by:

1. Blurred boundaries: where new technologies mean that work has penetrated all times and locations.
2. Overload: from the volume of work exceeding the ability to keep pace with it.
3. Complexity: of problems becoming more systemic and difficult to solve.
4. Addictive: meaning many leaders with high-achieving personalities are addicted to the stimulation of work.

And some of what people describe as workplace pressure can also be pressure they carry from their personal lives.

You may notice there are some people who seem to possess an innate resilience to stress, while others seem to lack an internal capacity to withstand pressure. The good news is that it is possible to build resilience.

“Extremely useful in helping me communicate what’s going on in my brain, and recognising unhelpful patterns”.



The Challenge of **Change**
RESILIENCE
Neuroscience in Action Empowering Performance

[LEARN MORE](#)

The Challenge of Change Resilience programme was developed out of a 30-year programme of research that looked to answer the question, when under pressure: “What protects some people from stress, and make others vulnerable to it?”

We grow up learning rules of thumb for staying physically well. How many pieces of fruit should you eat a day? How many glasses of water should you drink? How much sleep should you get? But the same attention isn’t given to developing good mental habits. This workshop teaches the rules of thumb for keeping good mental health and building your resilience. We do this by taking a surgical view of your ways of thinking, in order to identify patterns that make you susceptible to turning pressure into stress. We then help you build new habits of thinking.

Programme **Outline**

Self Assessment

You will be asked to complete a confidential survey which examines your response to pressure. Do you have a high need for control, are you too demanding on yourself or others for example? You will be presented with your results during the session, and they provide the basis for developing your action plan.

Going Live

As pre work you will be asked to identify two live situations that are happening for you, e.g. something that is keeping you awake at night, something you are worrying about coming up, or something that happened in the past that keeps coming up for you. Throughout the day we continually refer to those situations for you to work on.

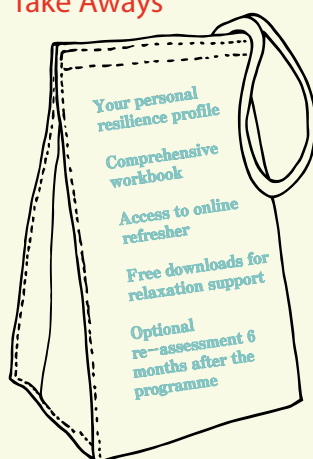
Session One: Looking at our Thinking and Building the First Two Habits

A common perception of stress is that it is caused by events – limited resources, work deadlines, exams, expectations from others. But it is how your mind responds to those events that causes stress, understanding how to control the mind gives you a powerful way of managing your response. Top sport athletes know this and spend time training for mental fitness just as they do physical fitness. You will be introduced to, and practice the first two habits of the programme: Wake Up and Control Attention and we will explore ways you can integrate these two steps into your day to day life.

Session Two: Surgical Look at our Thinking and Building the Final Two Habits

In the second session, you will be introduced habits three and four of the programme: Detach and Let Go. Detach is the ability to separate out the negative emotion, to see things as they are. We discuss how the lack of detachment, and the ability to detach plays out at work, study and in your personal lives. Using examples from your own experiences we give you simple techniques for detaching and letting go.

Take Aways



“I found it extremely helpful and I genuinely feel like the workshop has given me the tools I need to stop feeling stressed and confront my emotions in a healthy way”.