

# Tackling Transitions: Building Resilience in Your Staff and Yourself

*Learn how to coach your team towards heightened productivity and profit for you and your organisation.*

## YOU WILL LEARN

- Communicate your message to ensure you and your team are on the same wave length
- Inspire trust in times of uncertainty
- Reduce stress and create a productive work environment
- Enhance your team coaching skills for greater performance
- Develop alliances to overcome organisational and interpersonal obstacles
- Create a professional image that instills trust

## COURSE HIGHLIGHTS

1. The nature of change, resilience and trust
2. How to articulate and deal with employees' fears and expectations
3. How to adapt different communication styles to bring your team through difficult situations
4. Identifying personal stress and how to dissipate stress
5. How to coach your staff to view change as a positive opportunity
6. Assessing the levels of trust among your staff and yourself to build a more cohesive environment
7. Mastering practical techniques to minimise negative emotions and behaviours
8. Practising coaching techniques for increasing resilience

## DURATION

2 days