



Presented by  
Management Forum

# Building Self-Belief & Resilience

7 October 2024

This interactive course, designed for those working in HR and will focus on what individuals can do to build and maintain their resilience. We will look at patterns, default behaviour, emotional reactions, and expectations, and offer practical do-able tools and techniques that will help you build resilience for yourself and others in your team



**Format:**  
Live online



**CPD:**  
3 hours for your records



Certificate of  
completion

# Overview

How do we stay motivated and resilient in these challenging times? In recent months you may have found yourselves going through some of the stages of the change curve, experiencing shock, denial, feeling adrenalized, feeling depressed and confused, maybe moving towards acceptance and wanting to return to the 'new normal'. What has been the impact on your wellbeing and how do you sustain your self-belief, sense of purpose and resilience.

Research has found it's rarely the actual work, which causes long term difficulties for staff - it's more to do with how the team functions, and how valued and empowered people feel. In this workshop we focus on what individuals can do to build and maintain their resilience. We will look at patterns, default behaviour, emotional reactions, and expectations, and offer practical do-able tools and techniques that will help you build resilience for yourself and others in your team.

## Benefits of attending

- Gain a increased confidence in your own capacity for resilience
- Examine tools to think differently about self and others and build confidence
- Learn quick and easy techniques to manage emotions on the spot and bounce back more successfully in the future

## Who should attend

This interactive course will be suitable for all HR professionals as well as leaders and managers.

# Programme

**The nature of stress, pressure and resilience**

**Analysis of your own default behaviours, beliefs and how to change them**

**Learn how to separate fact from emotion and choose an effective behaviour response**

**Your world view: building positive self-belief**

**Introduction to the Wise Mind model**

**Practical Strategies for coping with stressful situations**

# Presenter



## **Nicole Eisele**

Nicole Eisele, Director of Eisele Consulting, holds qualifications in psychology, mediation, coaching and law and currently teaches the psychology of conflict, restorative Justice and negotiation on a Master's programme at the University of Westminster in addition to running her own mediation, coaching and training consultancy. Nicole believes in the power of working with teams and individuals as they increase awareness and understanding of the organisational systems they work in. Nicole is passionate about the results that can be achieved through good quality conversations.

# Course date

**7 October 2024**

**Live online**

13:30-17:00 **UK (London)** (UTC+01)

Course code 13929

GBP **249** ~~299~~

EUR **359** ~~429~~

USD **411** ~~489~~

**Until 02 Sep**

## How to book



**Online:**

[ipi.academy/2563](https://ipi.academy/2563)

Alternatively contact us to book, or if you have any queries:



**Email:**

[info@ipi.academy](mailto:info@ipi.academy)



**Phone:**

[+44 \(0\)20 7749 4749](tel:+442077494749)

## Discounts

- Booking more than one delegate on any one date qualifies for a **15% discount** on the second and subsequent places.
- Most events qualify for an **early booking discount** prior to 6 weeks before the course date. Be sure to check on our website, where the latest discounts will be shown.

## Further information

### Fee

The fee includes all meals and refreshments for the duration of the course (for venue-based courses) and a complete set of course materials (provided electronically). If you have any particular requirements, please advise customer services when booking.

### Please note

IPI Academy (and our training partners) reserve the right to change the content and timing of the programme, the speakers, the date and venue due to reasons beyond their control. In the unlikely event that the course is cancelled, we will refund the registration fee and disclaim any further liability.

### Terms and conditions

The rest of our terms, the event cancellation policy and the terms and conditions are on our website, please visit [ipi.academy/content/terms-and-conditions](https://ipi.academy/content/terms-and-conditions)

## Run this programme in-house for your whole team

Coming to IPI Academy for your in-house training provides an all-inclusive service which gives you access to a wide variety of content, learning platforms and delivery mechanisms as well as your own personal training adviser who will work with you from the initial enquiry through to feedback and follow-up after the programme.

With over 600 trainers, all practitioners and experts across a huge range of fields, we can provide the training you need, where you need it, when you need it, and at a price which suits your budget. Our approach to tailored learning and development consists of designing and delivering the appropriate solution for each client.

For your FREE consultation and to find out more about how we can work with you to solve your training needs, please contact our training advisers:



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**IPI**  
Academy

IPI Academy is a training initiative of Falconbury and Management Forum; leading providers of industry training for over 30 years, based in the UK.

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