IPI Academy

MANAGEMENT forum

*Presented by*
**Management Forum**

# Managing The Modern Workplace: Essential Tools for Resilience

Recorded on **17 March**

FREE lunchtime webinar exploring four types of resilience with practical tools to help professionals bounce back from workplace challenges and thrive through adversity.

**Format:**
Recorded webcast

**CPD:**
1 hours for your records

Certificate of completion

# Overview

**Resilience is the ability to adapt, recover, and thrive in the face of challenges**. It doesn't eliminate stress or prevent difficulties, but it enables us to maintain well-being, 'bounce back' from setbacks, and continue moving forward. This free lunchtime session explores the different types of resilience, while offering practical tools to strengthen both personal and professional resilience. Participants will gain insights into fostering resilience in everyday life and in the workplace, alongside strategies for building supportive cultures and networks.

Key topics in this exciting webinar include:

- Defining resilience and its importance
- The four main types of resilience (physical, mental, emotional, social)
- Personal and professional resilience
- Building resilience in the workplace
- Practical tools, strategies, and interventions
- Recognising the signs of resilience

## Benefits of attending

- **Learn** the true meaning of resilience and how it applies personally and professionally
- **Understand** the four main types of resilience
- **Explore** practical strategies to develop and strengthen resilience in everyday life
- **Discover** how to build resilience in the workplace and foster supportive environments
- **Identify** the signs of resilience and how to nurture them within yourself and others
- **Access** a toolkit of approaches and interventions (proactive, reactive, universal, individual, group)
- **Walk away** with actionable steps to manage stress, adapt to change, and thrive through adversity

## Who should attend?

- Professionals experiencing workplace stress or fatigue
- Managers, HR teams, and leaders responsible for employee wellbeing
- Anyone noticing symptoms of exhaustion, negativity, or reduced performance
- Individuals juggling high personal and professional demands.
- Anyone else seeking practical tools to prevent and manage burnout

# Presenter

**Claire Mould**

With over thirty years' experience of working in and with the public, corporate, and charitable sectors, Claire has expertise in providing strategic, analytical, emotionally intelligent solutions that engender, inform, facilitate and embed growth through compassionate leadership.

Extending from post-doctoral studies on neurology, specifically the link between emotional intelligence and cognitive intelligence, Claire has written, presented, and worked at a national, European, and international level and has published several research papers and books.

In her previous time as a CEO of various charities, she has practical experience in the art of compassionate leadership and has developed a real passion for helping individuals and organisations to optimise their growth potential.

In addition to her work as a facilitator, delivering sessions and presenting, Claire also works as an independent consultant providing emotionally intelligent strategic solutions, embedding compassionate leadership and maximising growth.

In her spare time, Claire runs for mental health and wellbeing, including running marathons and ultra marathons.

# Course date

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| **17 March** | **Recorded webcast**<br>12:00-13:00 **UK (London)** (UTC+00)<br>*Course code 16771* |

## How to book

**Online:**
ipi.academy/3325

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

**Email:**
info@ipiacademy.com

**Phone:**
+44 (0)20 7749 4749

## Discounts

- Booking more than one delegate on any one date qualifies for a **30% 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 the our terms, the event cancellation policy and the terms and conditions are on our website, please visit ipi.academy/content/terms-and-conditions

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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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