



RETURN WITH RESILIENCE

A Transformative Course for Healthcare Professionals

Are you ready to return to work with confidence, clarity, and resilience?

Return with Resilience is a dynamic 2-day interactive course designed to equip healthcare professionals with the essential tools to thrive in a demanding profession. You will learn practical techniques to enhance communication, set boundaries, manage empathy, stay present, reduce stress, and create healthy rituals for sustained well-being.

COURSE AIMS and OBJECTIVES

- To provide a comprehensive framework for building resilience in a high-pressure clinical environment.
- To equip delegates with practical tools to manage stress, difficult conversations, and workplace challenges.
- To foster self-awareness and confidence through evidence-based resilience techniques.
- To enable participants to develop sustainable strategies for long-term well-being and professional success.

Day 1: Understanding & Building Resilience

- Gain a deep understanding of key psychological aspects that build resilience.
- Explore the Cognitive Behavioural Cycle and its impact on emotions and behaviour.
- Master self-observation and self-awareness techniques.
- Engage in shadow work and reflection to uncover unconscious influences on decision-making.
- Examine archetypal behaviours and how they shape workplace interactions.
- Use the Resilient Practice Workbook to apply and evaluate resilience strategies.

Day 2: Practical Resilience Toolkit & Application

- Build a personal Resilience Toolkit, including:
 - Tools to manage empathy and avoid emotional exhaustion.
 - Communication techniques for difficult conversations and breaking bad news.
 - Strategies for setting boundaries and learning to say "no."
 - Breathing exercises, meditation, and mindfulness for emotional regulation.
 - Practical rituals to sustain resilience in daily clinical practice.
- Apply these tools to real-world scenarios, including complaints, difficult consultations, and conflict resolution.



THE BENEFITS OF THIS COURSE

By implementing these skills, you will experience:

- Increased confidence in handling workplace challenges.
- Reduced anxiety and improved emotional regulation.
- Enhanced communication skills for both patient and team interactions.
- Improved conflict resolution and teamwork.
- Better prioritisation and workload management, reducing burnout.
- Confident reporting of adverse events with a resilient mindset.
- Stronger coping mechanisms to navigate workplace stress effectively.
- A long-term resilient approach to clinical practice and well-being.

TAKE CONTROL OF YOUR WELL-BEING

Empower yourself, reclaim your confidence and return to work stronger than ever.

Dates:

26th September and 3rd October 2025

21st and 28th January 2026

20th and 27th March 2026