



## **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:**

**26<sup>th</sup> September and 3<sup>rd</sup> October 2025**

**21<sup>st</sup> and 28<sup>th</sup> January 2026**

**20<sup>th</sup> and 27<sup>th</sup> March 2026**