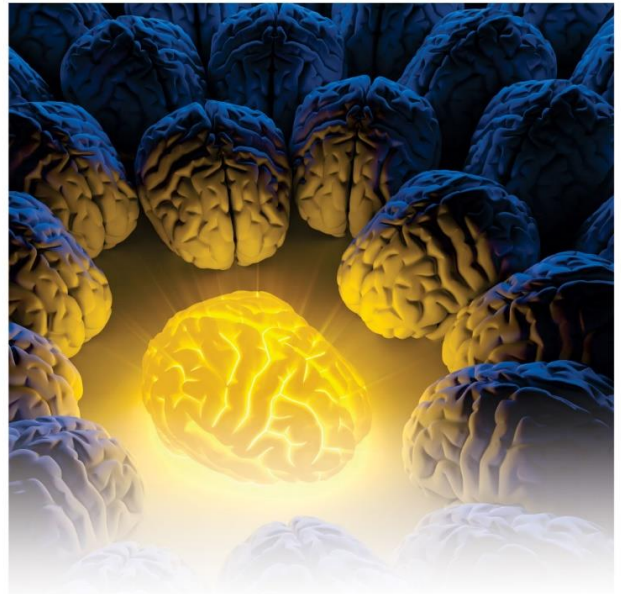


## Building Professional and Organisational Excellence with the Brain in Mind Dealing with Change and Building Resilience

Our lives are becoming busier and more complex. At work, we are not only experiencing fast-paced change, but we are exposed to increasing amounts of information on a daily basis. These life pressures are resulting in increased exposure to physical and emotional stress and are making it more difficult for us to find a healthy work-life balance.

Recent advances in brain imaging technology are providing new insights into how our brains work and these confirm that negative stress impacts our ability to think effectively, make decisions, come up with new ideas, maintain relationships, and cope well under pressure.



We have developed the 'Dealing with Change and Building Resilience' programme to help us apply the new knowledge from the world of Neuroscience to use our brain more effectively, manage ourselves better to sustain our energy and focus, handle our emotions, reduce stress levels, and build our personal resilience to enable us to cope with the challenges of daily life.

By understanding how our brain works, we can maximise its potential and develop the capacity to bounce back from adversity and challenging situations

### How the Programme Works

*Dealing with Change and Building Resilience* consists of 6 self-paced learning Modules. There are videos to watch and workbook activities to complete, and each Module builds on the next. The Programme provides practical strategies, techniques and tools to implement. It has been designed to take a brain-friendly approach and reflects how the brain likes to take in and process information to understand, remember and apply. A summary of each of the 6 Modules is provided on the next page.



### Module 1 - Our Brains and Change

- 🧠 Programme introduction and overview
- 🧠 Understand our amazing brain
- 🧠 The pace of change
- 🧠 Learn about the origins of change from evolution
- 🧠 Understand how our brain responds to change

### Module 2 -Understanding Stress

- 🧠 Understand stress, both good and bad
- 🧠 Appreciate individual stress responses
- 🧠 Learn about how our brain deals with stress and stress chemicals
- 🧠 Understand the impact of stress on us physically and emotionally
- 🧠 Be introduced to 2 techniques for managing our stress responses

### Module 3 - Strategies for Reducing Stress

- 🧠 Understand the concept of changing your brain (neuroplasticity)
- 🧠 Understand the role of sleep, nutrition and exercise in reducing stress
- 🧠 Be able to develop our levels of self-awareness
- 🧠 Become aware of how our language can impact the results we get
- 🧠 Learn techniques to manage our emotional responses to situations

### Module 4 - Understanding Change

- 🧠 Understand what we can predict about how change impacts people
- 🧠 Learn about the factors that contribute to us having an individual and unique threshold in how we deal with change
- 🧠 Be able to recognise where we are in the change process and begin to move forward
- 🧠 Develop your knowledge around minimising threat and maximising reward

### Module 5 –Strategies for Dealing with Change

- 🧠 Learn simple yet highly effective strategies for gaining perspective on a change situation
- 🧠 Learn how to tame a LION
- 🧠 Understand why managing energy can be more important than managing time
- 🧠 Learn strategies for being more productive and achieving greater work/life balance

### Module 6- Building Resilience

- 🧠 Understand why building resilience is critical to our emotional and mental wellbeing
- 🧠 Learn about the strategies that highly effective people use to build and maintain their resilience levels
- 🧠 Be familiar with 3 strategies that can accelerate your ability to bounce back or increase your 'bouncebackability'

