

Staying resourceful under pressure

Strategies and skills to help you (and your team) maintain forward momentum in challenging times



“The difference between people who exercise initiative and those who don’t is literally the difference between night and day.”

Steven Covey

Master your personal and professional challenges!

Business professionals understand that organisations rely on their judgements and decisions and expect them to continually perform at a high level. In challenging times, coping mechanisms can sometimes be stretched to the limit, placing even more pressure upon time and resources. It can be difficult NOT to feel totally at the mercy of the environment and to run the risk of losing the initiative. During this workshop, you will review your time management, interpersonal and communication skills and assess what you do well, what limits your effectiveness and what needs to change - especially in your inner dialogue. Look reality in the face and find out how you (and your team) have the power to choose a positive response, exploring creative and effective solutions that make the most of your individual (and team) resources.

Training especially designed for:

- Managers and business professionals who want to be more personally effective.
- Guide group size and programme length: perfect for groups of 12 in 3 days.

Learning objectives:

- Apply the basic principles of resourcefulness: differentiate between problem-based and solutions-oriented thinking.
- Challenge your perceptions: fine-tune thinking to capitalise upon opportunities you might otherwise miss.
- Be personally pro-active: apply positive thinking in a crisis and develop your future vision.
- Manage time and priorities effectively: use the Urgent/Important Matrix and Quadrant II thinking.
- Hold beliefs of excellence: act in accordance with beliefs that underpin your ability to excel and achieve.
- Communicate empathetically: achieve better understanding and arrive at profitable win-win solutions.

Try - Test - Adapt - Apply!

- Simulate real-life scenarios using role-play.
- Go into the “Fish Bowl” and experiment with techniques to build rapport.
- Analyse your style by seeing yourself in action on video.
- Receive feedback from your peers and your coach.
- Track your progress using the “Learning Log” and adapt to optimise individual performance.

A participant’s perspective:

“The training was a great way to exchange ideas within our team. I think positivity is one of the most important keys to success.”