

Thriving Through Change: Building resilience through change and uncertainty



 **Delivery:** Face-to-face or Online

Building resilience, managing stress and creating psychologically safe teams through periods of change and uncertainty.

Change is an inevitable part of working life. New systems, restructures, changing expectations, increased workloads, new leadership and uncertainty can all place pressure on individuals and teams.

While we may not always be able to control the changes happening around us, we can develop the skills, mindset and workplace culture that help us navigate them more effectively. Thriving Through Change explores the way people respond to pressure and uncertainty, while providing practical strategies for managing stress, strengthening resilience and supporting psychological safety.

Participants will leave with a greater understanding of their own responses to change and practical ways they can support themselves and those around them.

Learning Outcomes

- ✓ Understand how stress and pressure can influence thoughts, emotions and behaviour
- ✓ Develop practical strategies for managing stress and regulating emotions
- ✓ Recognise the signs of burnout and the importance of early intervention
- ✓ Understand what strengthens personal resilience
- ✓ Recognise common responses to workplace change and uncertainty
- ✓ Explore the everyday behaviours that contribute to psychological safety
- ✓ Learn how individuals and teams can better support each other through change