

Dear Colleague

An individual's level of resilience has an huge impact on how we cope with the stresses and strains on our lives, both in and out of the workplace. To enable staff to reduce stress and build their internal support systems, the KSS Leadership Academy has commissioned the 1/2 day workshop, 'Resilience: Your Mindset, Your Choice'.

You are invited to attend one of two sessions (either the morning or afternoon); which will give participants the opportunity to rewire their mindset by using a number of tools and techniques and in the process, build their resilience.

You can find more information about the workshop, including how to book your place, in the flyer below.

If you have any queries, please get in touch by emailing leadership.kss@hee.nhs.uk

Best wishes

Kent, Surrey and Sussex Leadership Academy



Resilience: Your Mindset; Your Choice

Masterclass

Tuesday 26th March 2019

Two Sessions Available:

AM: 09:00 registration for a 09:30 start, finishing at 12:30

PM: 13:00 registration for a 13:30 start, finishing at 16:30

The Charis Centre, West Green Drive, Crawley, RH11 7EL

Resilience: Your Mindset; Your Choice is a practical, challenging and empowering workshop based on a new psychotherapeutic model of change which is the ABLE model.

The workshop helps people understand that they are ABLE to create a resilient mindset, that it is a choice to be resilient or not and that it is their mindset approach to a situation not the situation itself which determines whether they are resilient.

It helps people understand the components of mindset, understand how their mindset is currently geared (usefully or unusefully) and then using the ABLE model gives them the tools and techniques to rewire their mindset so they can create a mindset of resilience.

The ABLE model has four components:

- Authenticity
- Belief
- Location
- Empowerment

It uses psychotherapeutic frames and models to create real change within the session itself and beyond including Transactional Analysis, CBT and NLPt.

The workshop helps develop self-awareness and understanding about our own responses to stress and shows delegates how to rewire them in order to have and maintain a resilient response.

Places are limited and offered on a 'first come, first served' basis. The KSS Leadership Academy reserves the right to close registrations when all places are filled (a waitlist of 10 places will be held).

Please book early to avoid disappointment.

(If you are successful in gaining a place, we ask you to ensure that the date is confirmed and booked in your diary)

If you would like to attend, please complete the on-line registration form using the link below.

As this session has been organised with an external provider, there will be a £120 non attendance charge to your organisation, in line with the [KSS Leadership Academy Cancellation Policy](#).

[AM Session \(09:30-12:30\) - Register](#)

[PM Session \(13:30-16:30\) - Register](#)

ShinyMind 

Delivered and created by Rebecca Howard FRSA who is a multi award winning entrepreneur, Leadership Psychotherapist and psychotherapeutic executive coach. Rebecca is also an experienced trainer and facilitator with extensive experience working with the NHS in leadership development specialising in resilience, authenticity, mindset, performance and organisational culture and is a Master Practitioner and certified trainer in Neuro-Linguistic Programming (NLP).



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