



Resilience & Wellbeing

Insight Principles

At work people often face change, uncertainty and complexity but to succeed in such an environment requires mental clarity.

There is a misunderstanding as to where our problems and stress originate which is virtually impossible to see without the fundamental principles revealed here.

This training provides an altogether distinct understanding of how our mind works.

For Whom?

- Anyone interested in improving performance through an understanding of how our state of mind affects results, relationships, communication and decision making.
- Suitable equally for frontline staff, leaders and professionals.
- Ideal for those looking to understand their own stress and emotions and that of others
- The training is very practical and immediately applicable back to the workplace and in personal life.

Learning Outcomes

- To see the true source of mental clarity and emotional resilience.
- Improve communication, collaboration and creative problem solving.

Content

- Personal outcomes and business context.
- Understanding the nature of perception and its effect on our state of mind.
- Preventing chronic stress developing.
- Realise innate and unshakable self-confidence.
- Managing perpetual over thinking.
- Introduction to insight principles.

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