



Resilience Training Bounce Back-ability

Empowering teams with 'bounce back-ability'

Resilience training for healthcare professionals

'Bounce Back-ability' is resilience training for healthcare professionals, designed to help healthcare managers and workers cope better under pressure and protect them from mental and physical ill health.

As the daily pressures of the health and social care environment continue to grow, stress can lead to error, poor judgement and performance, fatigue, low morale, anxiety, depression and increased absence due to illness. This course offers the perfect countermeasure to these issues.

Course content

The course is designed to support healthcare managers, leaders and professionals who find themselves with more responsibility, more time pressures and more people to manage.

- Empower individuals and teams
- Understand where strengths and talents lie
- Increase productivity and job satisfaction
- Improve self-belief
- Discover positive ways to connect and communicate
- Foster a positive mindset
- Understand behaviours and actions

Content is fun, engaging and impactful and aims to empower individuals, teams and leaders to be the best versions of themselves to benefit everyone involved – in the professional workspace and their home life.

Who is this course designed for?

Resilience training is ideal for all healthcare professionals within medical, education, social services, care or charitable sectors. The course content has been designed to equip individuals with the skills to manage stress and understand how to work under pressure without it affecting them on a personal level.

Course Duration

The Resilience Training Bounce Back-ability course is available as a one-day training event for staff members or a two-day programme for senior managers and leaders. Please allow for an eight-hour day including lunch and breaks.

Course Outcome

At the end of the course, participants will have the knowledge to see strengths in individuals and teams and understand why people think differently – but how this is also an effective way to work and grow as a team.

Participants will develop new tools, skills and strategies to thrive in life and in their career instead of simply surviving.

All Managers would benefit from this training to enable them to see the strengths and talents of their team.

Ways to Study

The Resilience Training Bounce Back-ability course is accessible online (via Zoom) or as in-house training for organisations to book at their chosen venue.

Regular open courses are available throughout the year for individual or group bookings either in-person or online via Zoom.

Fees

£850 + VAT and travel where applicable for up to 20 participants.

Brilliant! Fully enjoyed it and found it most helpful, both to increase my knowledge and reassure me that I have done a lot right over the years!

Why use Momentum People?

Momentum People's training courses introduce diverse coaching and training styles using a holistic approach to ensure personal sustainability as well as practical knowledge and upskilling.

Specialist behaviour, communication and business strategy disciplines blend with pharmaceutical expertise to ensure courses are engaging, fun and hands-on.

Join thousands of professional healthcare individuals, teams and leaders who have already benefited from learning with Momentum People.

I didn't know what to expect from the course and it really made me think about myself and my outlook on life but also why some people have different outlooks in life as well and how their behaviour can reflect on a need they have unconsciously.