



# Well Being and Personal Management

6 CPD points

## Introduction

Faced with pressure, an individual's "Experience and Skill" level does not alter. The "**Attitude**" can. How they **embrace** or reject pressure - how they feel about the challenge - will drive their behaviours, which in turn will affect the likely results. It's not what they know, but **what they do with what they know** that makes the difference.

This is a fast paced, highly interactive practical programme which will help the individual to access more of their ability when needed and ultimately manage themselves to achieve more of their defined success. It will give them tools to:

## Course structure

- ½ day workshop
- **Date: 5th September 2019.**
- **Timings: 12:30 registration & lunch, programme end 4:30pm**
- **Venue: Bradford Teaching Hospitals NHS Foundation Trust**

## learning objectives

- Handle set-backs
- Manage their state from moment to moment
- Take greater levels of "response-ability"
- Challenge habitual behaviours, understand the critical success factors for learning new skills to improve performance, and discover how to reproduce their best days consistently
- Recognise the link between physiology and mood
- Develop strategies to manage self-talk and visualisation
- Exercise choice over motivation levels and responses to events, creating a more helpful response to problems, failure and rejection
- Learn how to create the energy to perform under pressure and deal effectively with new challenges, obstacles and setbacks