Personal Development, Wellbeing

Working Resiliently

Course Details

Price

£355.00

Start date

3 December 2026

Length

Full day (09:00-17:00)

CPD Points

7.00

Course Overview

This course will provide delegates with the capacity to maintain wellbeing and work performance whilst under pressure and be able to bounce back from setbacks effectively.

Content

- Understanding resilience, pressure & stress
- The secret to recharging your energy and resilience
- The 4 Pillars of Resilience
- Energy radiators and drains
- Emotional intelligence
- Mental toughness

- Identifying a purpose in life
- Personal action planning

Benefits

In a world of increasing demands and diminishing resources, we are working longer hours, spending more time outside work connected to technology and taking less time to reflect, renew and prioritise. Recent research shows that:

- 64% of the population sleep less than 7-8 hours a night
- 73% find it difficult to focus on one thing at a time
- 64% say their decisions at work are influenced by external demands rather than a clear and strong sense of purpose
- 64% say that they feel irritable, impatient or anxious at work
- 61% spend too little time doing what they do best & enjoy the most
- 80% say they spend too much time reacting to immediate demands rather than being strategic and focusing on the longer term

On the hamster wheel of delivering results, we rarely stop to consider what we want, where we should be, or how we should be investing our energy. Very often our working practices ignore our basic needs & serve to drain our energy.

There are four key ways to manage stress and energy so we are more resilient:

- Sustaining our physical body
- Securing our emotions
- Building mental toughness
- Living a life of significance

This course will help delegates to:

- Boost productivity and engagement at work
- Enhance morale
- Increase your ability to positively influence pressure situations
- Manage stress levels
- Deepen your understanding of how to manage energy

- Develop positive rituals that enhance your happiness and performance at work and home

Next Steps

If you would like to book a place on this course please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via **admin@gta.gg** or call us on 01481 224570.

If no date is scheduled for this course at the present time please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

Course Tutor

Shona McFarlane

Shona McFarlane is an experienced, professionally trained and qualified facilitator, and a wellbeing & happiness coach with over 17 years' sales and management experience in blue chip companies, latterly within Unilever. Shona started her boutique L & D consultancy in 2002 and since then has travelled extensively, working with organisations in over 20 countries across a wide range of sectors and cultures. Shona has expansive local knowledge having spent a considerable amount of time in Guernsey over the past decades. She co-ordinated the 'World's Boldest Ever Happiness Experiment' in Guernsey and spoke at 'Thrive 2020' on behalf of the Dandelion Foundation. Shona is a member of the Guernsey Chamber of Commerce and works closely with a broad range of Guernsey businesses, institutions and the GTA. She is passionate about personal development and her 'WHY' is to help people be the best version of themselves so they can positively change their world. Shona brings a fun, grounded and inclusive real world style to the training room.