

Workshop:

Building your resilience

Brief overview

Do you want to know more about what resilience really is and how to build it?

During the resilience session, we'll explore what resilience is, take a look at the most common barriers, and help you identify the key enablers that will help you build your personal resilience. You'll come away from the session with some personal actions that you can try out straight away.

Session objectives

- To explore the definition of resilience and its links with energy
- To understand the most common barriers and consider how to overcome them.
- To identify the key enablers that can help you build your personal resilience
- To commit to a few actions that will help you develop your resilience for the future

About the speakers/facilitators

Wendy Nicholls

Wendy is an experienced executive coach and leadership facilitator and is the director and founder of the Affinity Coach. She has coached at all leadership levels within organisations from graduates to Directors, Executives and leadership teams across a variety of functions. She is an accredited Resilience Coach with The Resilience Engine, and is passionate about building strong relationships with her clients and helping individuals and teams enhance their performance by focusing on their wellbeing, mental health and resilience.



She encourages exploration of their leadership styles and emotional intelligence to make sustainable changes to their behaviour and performance. She brings a high degree of presence, support and challenge to enable her clients to fully embrace change. Her recent team and individual assignments have been focused on

exploring purpose and developing trust, empathy, empowerment and wellbeing for themselves and their teams.

Previously Wendy was a leadership development specialist. Her industry experience includes 20 years in learning and development roles within large blue-chip organisations in the financial and professional service sectors.

Wendy is a member of the European Mentoring and Coaching Council (EMCC) and accredited to Practitioner level, and is a member of the Institute of Leadership and Management (Inst LM). She has an AoEC Practitioner Diploma in Executive Coaching, is an Accredited Practitioner with the Resilience Engine and is a Mental Health First Aider.

She is also an accredited Mental Fitness Coach with Cognomie. Wendy holds the Level A/B Qualification in Psychometric Testing, and is certified in Myers Briggs Type Indicator (MBTI), Strength Deployment Inventory (SDI), Hogan, Emotional Quotient Inventory (EQi and EQi-360), and SHL Occupational Personality Questionnaire (OPQ). She continues to develop through research and practice in Mindfulness and Nutrition & Wellbeing.
