

CPD TRAINING COURSE

THE RESILIENT MIND AT WORK



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INFORMATION VISIT
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Overview

As a busy person you understand the demands of the real world. The increasing demands placed on us personally and professionally affect our health and our business. What makes some people focus and perform better under pressure while others struggle? The answer is Resilience. This does not mean being hard.

Resilience is a measure of your subconscious flexibility and also what practical and psychological coping mechanisms you have access to.

This unique practical training experience will transfer that knowledge to you so you can perform to your full ability each day equipped with the tools and techniques to reduce stress.

Course aims

To enable you to understand stress and how you personally react to it.

To put you in control of your own stress response.

In order to be able to control your personal reaction you must first be mindful of it and then be able to “feel” that you can control it. That is the purpose of the CD that each person will receive at the end of the course.

Learning Outcomes

By the end of this programme you will understand:

- What stress actually is
- How the mind and body reacts to stress
- The flight to flight reaction
- Common coping mechanisms
- The general adaption syndrome
- The main areas of stress management
- How to make a personal Stress Management Plan
- How to cope with work overload
- Time management tips
- How to work with powerful people
- How to deliver bad news
- Performance and environmental stress
- Awareness and positive thinking
- The power of thought
- How your mind works
- How to manage emotions

Trainer's profile

Richard Burke MBA, PIIE, MIITD, MICHIP

Richard's ability to design and deliver this course came from his very unique background, experience and education. He qualified as an Industrial Engineer in 1992 winning the AP O Reilly award for his paper in Industrial Psychology. He worked as the National Education officer with the Institute of Industrial Engineers for 2 years and worked in the area of business improvement in the manufacturing industry for almost 20 years. His primary remit was focusing on changing organisational architecture, problem solving and involving people in the change process.