

Resilience and wellbeing

Having to cope with the stresses and pressure that our work can bring is an inescapable fact of life for civil servants of all grades. The resilience which we demonstrate in dealing with day-to-day pressure will determine how effective we are in our jobs. In turn, the more resilient we are, the more likely we are to be able to maintain our own mental and physical well-being in even the most testing of circumstances.

Description

This topic is an important part of improving our professional effectiveness; maximising the impact we have at work. Becoming more assertive and displaying greater emotional intelligence are two other core components. What this topic recognises is how our effectiveness can be diminished if the trials and tribulations of our daily work get out of hand and our wellbeing suffers as a result.

The objective of this topic is to understand what resilience means in practice and to learn how to remain resilient in the face of mounting stress. You will be shown how to develop personal strategies for dealing with the pressures of work, particularly during periods of change when our resilience can be tested the most.

What's the outcome?

The skills you develop will help you to manage high volumes of work and day-to-day stress in a way that protects your overall wellbeing.

As part of the larger ambition to increase the personal effectiveness and impact of all civil servants, this learning will help create a Civil Service with a greater capacity for strong leadership and relationship building.

What does it involve?

This topic commences with a short online tutorial on stress management, considering what stress is and how best to cope with adversity and set-backs. The majority of the learning is then delivered in a 3.5 hour workshop, exploring the meaning of resilience and how to build it. There are also two short questionnaires and a small amount of preparatory work (all of which should take just over half an hour) to be completed ahead of the workshop.

You can also choose to do this topic in a [digital-only format](#). This comprises a series of online learning activities alongside practical exercises for you to complete in the workplace.

Learning activities



Online
resources



Online
tutorial



Workshop

Delivery method:

F2F

VLE

DGTL

Estimated learning time:

4 hour

How to book

learn.civilservice.gov.uk

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