

### Learning Objectives

This course will introduce you to tools and techniques to help you become more resilient. The day will include a range of activities including discussion, pair work and individual skills practice.

The work is based on 'Adaptive resilience', a model designed by a London GP which has been successfully introduced to Health and other professionals throughout the UK.

The day will be facilitated by Jo Hennessy, who is an Adaptive Resilience practitioner.

### Programme

9.00 – 9.25	<b>Registration and coffee</b>
9.25 – 9.30	Welcome and housekeeping
9.30 – 9.50	Introductions, plan and intentions for the day
9.50 – 10.00	What causes you stress? What does it feel like? What does it mean to be resilient?
10.00 – 10.15	What do we already do that works? What can we do more of?
10.15 – 10.30	Breathing – optimising heart rate variability
10.30 – 10.50	Accessing positive emotions
10.50– 11.15	<b>Coffee</b>
11.15 – 11.45	Diary exercises
11.45 – 12.25	Visualisation work

12.25 - 1.20		<b>Lunch</b>
1.20 – 2.00	Mental rehearsing and learning usefully from experiences	
2.00 – 2.30	Maintaining healthy relationships	
2.30 – 2.45		<b>Tea</b>
2.45 – 3.15	Pair exercises: -Personal intentions -Structured problem solving	
3.15 – 3.30	Review of the day, questions and going forward	
3.30	<b>Close</b>	

### Good Medical Practice Framework:

#### 1.1 Maintain your professional performance

- Participate in professional development and educational activities

## Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

## Course documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library.

All shared documents from recent courses are stored in the library. You can access it at any times and search for documents or topics using key words.

## Sponsors

*Our sponsors for the day are RBUK and Chiesi*

We are very grateful to these sponsors for supporting this event. Please do visit their stands during the breaks.

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