

Resilient Organisations Course outline

What we cover & key learning outcomes

Session 1 A new way of understanding resilience

- A clear definition of wellbeing based on the iheart Resilience Framework
- The anomalies of current approaches, in which wellbeing is conditional on multiple factors
- The relationship between innate wellbeing and greater resilience

Session 2 Outsourcing and what that means for wellbeing

- The core human attachments or outsources that many of us share
- Recognising how these attachments constitute a premise, which is actually a false belief
- How our minds become filled with insecure thinking, leading us to experience life from a non-resilient place

Session 3 Why we think, feel and behave the way we do

- The psychological system gives life to all our thinking; it creates our experience of life
- This is true whether our thinking is on-track or off-track, based on a true or false premise
- Insight is built into the psychological system and allows us to think resiliently and wisely

Session 4 Navigating the minefield of relationships

- Everyone sees and experiences life through their own psychological system – our personal or separate reality
- When people don't adhere to our 'conditions', then separate realities is a problem and leads to conflict
- When we discover that our ability to get on with people is part of our innate resilience, we can then improve communication and building healthy relationships

Session 5 Cracking the code of stress, overwhelm and burnout

- Because we are thinking-feeling creatures, there are going to be times when we will experience stress, worry, anxiety and overwhelm
- These feelings are a direct consequence of attaching our wellbeing but they are also useful signposts that inform us we are off-track
- When we do not outsource our wellbeing, we'll experience our circumstances from a place of security so that we can confidently respond to life in a wise and helpful manner

Session 6 Resolving anger, hurt and reactivity

- Anger, hurt and reactive behaviour are widespread problems, often assumed to be a result of personality, dynamics or circumstantial issues
- We often feel stuck regarding certain issues or events that were painful or hurtful
- When we gain insight into the simple logic of how this 'negative' behaviour comes about, this knowledge can facilitate deep change

Session 7 The root cause of bad habits and coping mechanisms

- Habits and coping behaviours are the psychological system's attempt to help us feel better
- We all do things at times to feel better or numb us from certain feelings, but the tipping point occurs when we are compelled to act these out to feel better or avoid feeling bad
- When we are secure in our wellbeing, engaging in certain behaviours to feel better doesn't even occur to us

Session 8 How labels limit self-confidence and harm relationships

- We start life as pure potential, but then begin accumulating fixed ideas about who we are
- These become our labels and through the same process, we also label others
- We then interact with life through the filters of these labels