How to be more resilient in the workplace...

In any workplace there will be people who panic and withdraw at the first sign of trouble and those who will thrive on challenges – demonstrating RESILIENCE. Make sure you are one of the resilient ones!

Be positive...
View challenges and changes with a positive outlook and review the opportunities and benefits they will bring to keep you motivated.

Be flexible...
Nothing in the workplace stays the same – demonstrate flexibility.

Take time to reflect...
Don't dwell on things that haven't gone as planned and instead make time to reflect and congratulate yourself on what did go well.

Put yourself forward for new challenges...
This will help build your confidence in your ability to handle uncertainty and develop your resilience.

Assess your goal and write down your plan...
When faced with a change, consider – what is your timeframe, what skills or resources do you require, how can you measure success?

Practice your problem-solving skills...
Practice problem-solving on small scales on a daily basis to ensure you are prepared and able to cope with larger challenges.

Work to your strengths...
Use them to your advantage to boost your confidence and self-esteem and help you to approach new challenges creatively and confidently.

Utilise challenges as opportunities to evolve...
Treat challenges as opportunities to learn new skills, rather than a series of obstacles.

Keep things in perspective...
Look to the future... Will something that hasn't gone well really matter next month, next week or even tomorrow?

Ask others for help...
This provides new experiences and builds your resilience, and discussing changes you are both facing will help you to manage these most effectively.

Learn more about developing your resilience on our 'Working Positively and with Resilience for Business Professionals' course – hemsleyfraser.co.uk/wpwr
We also have a resilience course especially for managers & leaders – 'Building Resilience and Sustainable Team Performance' – hemsleyfraser.co.uk/brstp