



# INSET: HOW TO GET THROUGH TOUGH TIMES - DEVELOPING INNER AND WORKPLACE RESILIENCE

## Available Formats and Pricing

Twilight Introduction  
Half Day Development  
Full Day Comprehensive

Available Online or Face to Face  
\*Priced per head with Group discounts available

## Course Introduction

When facing tough times, can your organisation break through the barriers to the next level, learn from the experience, and then create a stronger platform for future performance? What do individuals and teams have, or are able to access, when tough times arrive?

The programme can be delivered across time frames of half, one or two days, with an additional review session. Maximum delegate numbers are 16.

## Course Outcomes

The Six Secrets To Tough Times Programme has been developed to address individual and collective organisational issues associated with encountering tough times in the workplace:

- Character Identity & Frame of Reference
- Resilience Traits & Bespoke Components
- Emotional Confidence
- Positive Emotional Vulnerability
- Mind Fitness
- Reflective Meta Cognition

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“Ross knows resilience inside out, from his own research, from his keynote and seminar deliveries and from his own personal lived experiences. He engages delegates on the key messages of what resilience is, how to get it, how not to lose it, how to measure it, and crucially, how your business can profit from a resilience focused work force.”

**Stephen Toulmin, NHS Services, Lancashire**

## Trainer Profile

Ross has been described as a Pracademic. He blends latest research with his vast knowledge and experience of how to get the best out of people and organisations. During the last 30 years, he has probably changed the lives of over one million people, instilling simple, yet effective methodologies to improve performance.

During this time, Ross has learned that both individuals and organisations will undoubtedly, and inevitably, face tough times. By using a proactive and retroactive approach, he implements an emotional resilience approach that puts the individual and organisation at the centre of response.

Ross has learned that a ‘suck it up and keep going approach’ will only take you so far, and may even result in worse performance, with many human and organisational costs. Being aware and able to adapt, are the two key principles upon which Ross creates positive change, but in a way that is easy to understand, implement and monitor.



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