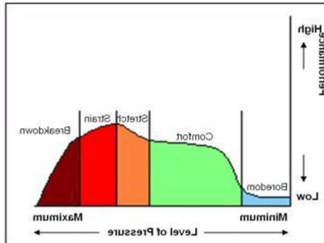


THRIVING NOT SURVIVING



Pressure and performance

Life in the 21st century is pretty full-on and we all experience pressure from a range of sources e.g. from our work lives, from our home lives and from our own expectations and aspirations. Pressure can be a good thing, in that, we all need a certain amount of pressure to motivate and challenge us and when we experience a level of pressure that we can cope with, we are engaged, happy and perform at our best. When the level of pressure exceeds our ability to cope, however, we become stressed and it has a negative impact on our performance e.g.:

- Ⓜ We are more irritable, which impacts on our relationships with our team members, colleagues and customers
- Ⓜ We have less confidence in taking on new challenges and embracing change
- Ⓜ We take longer to make decisions and they may be of poorer quality as we are thinking more emotionally as opposed to logically
- Ⓜ We have less energy and less enthusiasm

Some workplace pressures can be reduced or changed, however there will always be pressures that are an intrinsic part of the nature of the work/job and these cannot be changed. What can be changed, however, is the way in which people think about pressure and the attitudes that they hold towards:

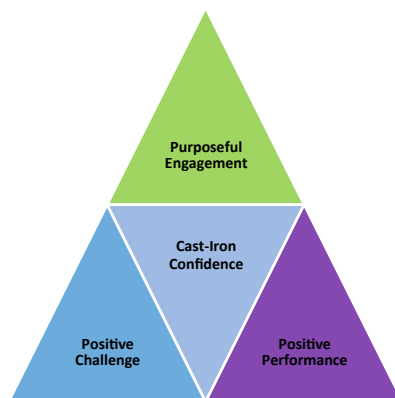
- Ⓜ Themselves
- Ⓜ Their abilities
- Ⓜ Their work
- Ⓜ Their colleagues.

Developing Our 'Thriving Not Surviving' Model

From the work that we have carried out for organisations so far, we know that men respond differently than women, to stress and mental health issues. They are also less likely to attend any training that focuses on 'Mental Health' or 'Emotional Resilience'. In designing this course, we wanted to produce something that would appeal equally to men and women. So, we have pulled together cutting edge research from a range of sources and we have used these findings to develop the 'Thriving Not Surviving' model. The 'Thriving Not Surviving' model emphasises the crucial cognitive strategies that enable Managers and Leaders to maintain high performance in pressured environments. It is based on research evidence from:

- 🧠 Neuroscience
- 🧠 Mental toughness
- 🧠 Emotional Resilience
- 🧠 Positive Psychology
- 🧠 Growth Mind-Set

The 'Thriving Not Surviving' Model.



We have produced a workshop, based on this model, to help high stress professions where it is crucial to maintain high performance and high client satisfaction. The

workshops are designed to enable participants to develop cognitive/thinking strategies for success so that they can thrive and not just survive.

What Will Participants Get From The Workshop?

After completing the workshop, participants will be:

- ④ More In-Control and Optimistic
- ④ More focused and Determined
- ④ Confident Making Good Business Decisions
- ④ Comfortable recognising and eliminating self-imposed limitations on their ability to succeed
- ④ Able to Challenge and Manage Pressures Effectively

What will The Organization Get Out of The Workshop?

- ④ More resilient staff who can perform well when under pressure
- ④ More harmonious working relationships
- ④ Higher levels of productivity and engagement
- ④ Lower sickness absence/presenteeism levels

There is an example flyer on the website that we have produced for the NHS and if you think your staff would benefit from this type of workshop, then please get in touch.