

# Resilience Masterclass

**Open Masterclasses - 9.30am - 4.30pm**

**Thursday 22 October 2015**

The Hilton Paddington - London

**Thursday 12 November 2015**

Montpellier Chapter - Cheltenham

Delivered by Liggy Webb

Cost - £395 plus VAT



**Resilience and agility** are now familiar terms and very relevant in current ‘challenging and changing’ times. The need to equip people to cope better with relentless change and support personal wellbeing is essential for both personal and business survival.

**Liggy Webb** is a best -selling author and an international consultant who specialises in resilience and agility. She has worked with various organizations including The World Trade Organization, The United Nations, Zurich, NFU Mutual, UCAS, Sainsbury’s, Leeds Council, Armagh Council, NHS, Aberdeen, Westminster and Birmingham University.

# Key content of the day

## The Masterclass will help participants to:

- ✓ Be more resilient, agile and responsible
- ✓ Cope better with challenges and change
- ✓ Think more positively and optimistically
- ✓ Manage emotions and stress levels
- ✓ Improve personal wellbeing and life balance
- ✓ Help make a positive difference.

The emphasis is on keeping things simple and sustainable.

Additional post support materials and access to an on-line life skills library is included.

# Resilience - The Book

The Masterclass is based on the highly acclaimed book **Resilience - *How to cope when everything around you keeps changing*** by best selling author Liggy Webb

Ten well researched strategies will be covered that offer practical and straightforward tools and techniques

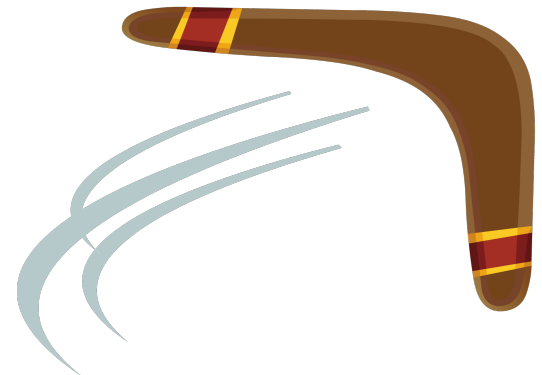
*'This book is an inspiring and motivational read!'*

**Rhona Martin MBE, Olympic Gold Medallist**



# Ten key strategies

- Take a journey of self-discovery
- See the glass half-full
- Manage your emotions
- Change for the better
- Cope well with conflict
- Turn problems into opportunities
- Look after yourself - wellbeing and lifestyle
- Make positive connections
- Let go of the past and keep going
- Create an effective personal vision



# Overview of the day

The workshop will be interactive and will include a combination of presentations, discussions, self reflection exercises and personal action planning

Light refreshments throughout the day and lunch will be included

You will also receive support materials to help you to sustain your learning outcomes.

# Masterclass feedback

*Liggy Webb's resilience masterclass was undoubtedly one of the very best presentations to SIBL members in the past decade.*

**Drew Pryde, Chairman, The Scottish Institute for Business Leaders**

*This was a fun, lively and interactive session which was without a doubt the most positive and productive Masterclass I have ever attended.*

**Paul R Maney, Head of Strategic Planning, Leeds Council**

# For more information

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