

WORKSHOP AGENDA

Resilience

Build the habits that keep you performing when things get tough.



90 minutes · In person or virtual · Individuals and teams

Resilience is experienced in the small moments of work: how we respond to pressure, pace, uncertainty and setbacks, and how quickly we recover. This session helps you understand how resilience works, recognise your own patterns under pressure, and build the habits that sustain performance, for yourself and the people around you.

— WHAT YOU LEAVE WITH

- A clear understanding of your own stress triggers and how pressure affects you.
- Practical tools and frameworks for steadying yourself and staying effective.
- A clearer sense of how to support others in your team when demands increase.

— WHO IT'S FOR

Anyone who wants to recognise their own patterns under pressure and build habits that sustain performance, and teams who want to support each other better by understanding how people carry pressure differently.

— AT A GLANCE

Understanding Resilience <i>What resilience really is.</i>	20 MIN
Know Your Triggers <i>What tips you off balance.</i>	20 MIN
Reframe and Refocus <i>Steady yourself.</i>	30 MIN
Resilience in Practice <i>Make it a habit.</i>	20 MIN

the session

01

Understanding Resilience

20 MIN

What resilience really is.

What resilience actually is, experienced in the small moments of work, and the energy, habits, boundaries and support that shape it.

02

Know Your Triggers

20 MIN

What tips you off balance.

Honest personal reflection on how pressure and workload affect you, what helps you stay steady, and what tips you off balance.

03

Reframe and Refocus

30 MIN

Steady yourself.

Practical tools to steady yourself under pressure, and a wider conversation comparing how people across the team carry pressure differently.

04

Resilience in Practice

20 MIN

Make it a habit.

Clear, workable agreements: simple habits, signals and behaviours that help you and your colleagues support resilience in everyday work.

Let's talk.

Bring Resilience to your team

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