



Coaching for Resilience and Wellbeing

Modular training programme



Resilience is the ability to recover and bounce back from adversity and hardship, and to feel stronger and more capable to cope than ever before. Resilient people demonstrate great flexibility, high energy, mental agility and consistently perform at the highest levels in all areas of their life.

The Coaching for Resilience and Wellbeing Programme is designed for professionals who wish to help their clients to develop their personal resilience and wellbeing to achieve high performance at all times.

This training comprises four modules and can be delivered either in-person or online.

The duration of each module is a 4-hour (including breaks) taught session PLUS approximately 1 hour of reflection and self-study using the handouts and a list of recommended resources.

Contents

Session 1 - Understanding mental wellbeing and resilience

- What is mental health and mental wellbeing.
- Understanding stress and its impact on mental and physical health and wellbeing.
- Understanding resilience and how to build resilience during challenging times.
- Mental resilience vs mental toughness.

Session 2 – Coaching at glance

- What coaching is and how it is different from other methods of helping people.
- Understanding the stages of change and the motivation for change.
- Using key coaching techniques in coaching and mentoring.

Session 3 - Coaching for resilience and wellbeing

- Specific methods and tools used in coaching for resilience and wellbeing.
- Coaching for resilience and wellbeing in the UK.
- Confidentiality, safeguarding and other legal considerations.

Session 4 - Trauma-informed coaching practice

- Understanding trauma and its impact.
- Key principles of trauma-informed coaching practice.
- Supporting others and essential self-care for coaches and mentors.

This **modular training programme** will be delivered by Zoryna O'Donnell, MBA, MSc, FloL Zoryna is an experienced coach and trainer. She is a Member of the International Coaching Federation (ICF) and the European Mentoring and Coaching Council (EMCC). She is also a Mentor of the WBS Global Mentoring Programme, Business Mentor of the government's Help to Grow: Management Course, Mentor of the member-only My Mentoring platform of The Institute of Leadership, Brainz 500 Global Honoree 2021 and Brainz CREA Global Honoree 2024.

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