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## Course Outline

1.5 - 2hrs

Content will vary with length of course

# Resilience & Wellbeing for Busy NQTs

## Introduction and Context

Outlining the aims of the training and explaining why emotional health is at the heart of being resilient, dealing with pressure and experiencing wellbeing

## Resources and Demands: The nature of life

UPDATED

How to ensure that positive Pressure doesn't become negative Stress

## PRACTICAL: First Aid for strong emotions

For stress, anxiety, anger, overwhelm and emotional hi-jacking events - everyone should know this technique

## Why we need this stuff

An enjoyable but insightful exercise that demonstrates how quickly and easily being even mildly stressed leads to making mistakes

## Mindset and The Observing Self

NEW

How checking, and if necessary changing, your attitude towards yourself, others and life in general, can lay the groundwork for wellbeing

## PRACTICAL: The posture - mood connection

Why improving your posture is a shortcut to dealing with pressure and stress more effectively and increasing self-confidence

## Resilience: Six of the Best

NEW

What the research tells us are the six best ways to ensure that your naturally occurring resilience is in tip-top condition

## Why have Emotionally Meaningful Goals?

NEW

Being emotionally connected to the things you want to achieve in life can be an incredibly powerful way to overcome setbacks and deal with challenges

## PRACTICAL: Two techniques for tackling the physical signs of stress

## Emotional Needs - The givens of human nature

UPDATED

Why our emotional needs are so important, how to assess them and which ones might need some work. An organising idea that explains all human behaviour.

## PRACTICAL: The ultimate Mental Focus Technique

Widely used by sports professionals and business leaders - instantly relax, regain focus, reduce overwhelm and be at your best

"This course is so useful, every NQT should see it."

Regional NQT Group Organiser