

AUCKLAND WORKSHOP

Developing Resilient People
Wednesday 6th November 2013



The Academy of Constructing Excellence

Key Factors	Details
Workshop Name	Developing Resilient People
Where	Constructing Excellence NZ Ltd 117 Pakenham Street, Wynyard Quarter, AUCKLAND
Brief Description of Content	This workshop will help you understand Resilience and help you assess how you can improve resilience for yourself and your team.
Learning Outcomes	<p>On completion of the workshop, you will....</p> <ul style="list-style-type: none"> • have a greater understanding of the signs and symptoms of low resilience in yourself and others that can affect physical, mental and emotional well-being. • understand the stress response and signs and stages of stress that people experience when resilience is low. • Identify the causes of low resilience at work/home and issues in your workplace that may be contributing to low resilience for you and your staff. • have an introduction to personality types and how understanding type can influence our resilience. • receive a questionnaire to help you assess your own resilience and the resilience of your staff/team members with ideas on what to do next to build your own and your teams' resilience. <p>Take Aways - Resilience Tool Box</p> <ol style="list-style-type: none"> 1. Questionnaires to identify individual and company signs and symptoms 2. Assessment tool to measure your own and your team members resilience 3. Strategies for building resilience for you and your team

Lecturer	<p>Saranya Amanda Tarrant Amanda Tarrant Associates</p> <p>BED. CQSW, Diploma in Applied Social Studies MBTI Practitioner, NZQA Assessor Qualification NZIM Associate Trainer</p>  <p>Organisational Development Consultant, Resilience Coach, Team Facilitator and Trainer</p> <p>Saranya has extensive experience as a successful trainer and resilience coach. She has spent the last 30 years developing and delivering workshops for resilience building in the UK and NZ. She has a passion for improving relationships and communication in the workplace.</p> <p>Saranya's work with resilience started in 1988 when she worked as a trainer and stress consultant through her own management training company for the offshore oil industry in Aberdeen, Scotland. She delivered resilience building programmes and helped start the first Scottish Employee Assistance programme with PPC Ltd. offering counselling and stress management courses to organisations throughout Scotland.</p> <p>Saranya co-developed and tutors on the NZQA Diploma of Managerial Excellence in Engineering and Construction. She teaches the Myers Briggs Personality Profiling, Managing Change, Leadership Skills and Communication Skills Modules.</p> <p>She is an Associate trainer for the New Zealand Institute of Management.</p>
Time Req.	1/2 day
Dates	Wednesday 6th November 2013 - 8am to 12:00noon. *includes a light lunch
Investment	\$295.00 plus GST
More Info	www.constructing.co.nz/Events

Module	Developing Resilient People
Dates	Wednesday 6 th November 2013, 8:00am – 12noon
Investment	\$295.00 plus GST
Name (s)	
Role (s)	
Company	
Tel:	
Email:	
Address for Invoice	
Signature & Date	

Please email or post to:

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***We can also deliver this workshop in-house for your staff.**

**Payment is required at least 48 hours before the event. **Cancellation is accepted with full refund up to 48 hours before the event. **Within 48 hours of the event will result in a credit for a future course.