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## N852: Boost Productivity and Motivation in a Remote Workplace

Instructor(s): Andy Beech

### Format and Duration

Classroom - 1 Day

Virtual - 2 Sessions

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### Summary

This course has been designed to be delivered as a short but impactful learning experience across two webinar sessions, providing Energy Industry professionals with the tools, skills, and mindset to strengthen resilience, become more adaptable, and remain confident whilst working in their remote workspace.

**Business Impact:** We will provide participants with **powerful mental tools** and techniques so they can **maintain their wellbeing**, become more **resilient** and remain **productive**. The tools help participants to re-energise themselves and enable them to **respond positively to setbacks and change**. Participants will gain clarity on their personal and work goals, which creates energy and action. Participants will learn to create new mental thinking habits that will drive **self-motivation** within a remote setting.

### Learning Outcomes

Participants will learn to:

1. Have a measure of their current levels of resilience and understand the 7 pillars that make up resilience.
2. Identify what can erode their resilience and take the practical steps to increase their resilience when required to do so.
3. Have awareness of their inner voice and use this as an agent for positive change.
4. Respond effectively to new tasks that are a stretch.
5. Have clear, energising goals that form personal purpose.
6. Master thinking and emotional control and become experts at mental rehearsal.
7. Develop a set of success habits that ensure wellbeing is maintained.

### Training Method

This is a classroom or virtual classroom course comprising presentations, group discussion, and practical exercises.

### Who Should Attend

This short course is designed for all Energy Industry professionals who wish to increase their professional and personal effectiveness both individually and as part of a team.

### Course Content

#### Pre-Session Activities

Participants complete self-assessment of their score on the 7 Pillars of Resilience. They will also be asked to notice when they experience unwanted or unhelpful feelings, what are they and what triggered them.

#### Session 1



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- The 7 Pillars of Resilience – How strong are yours and what’s missing?
- The 'pull me pull you'. We move from pain and towards pleasure, but which voice is louder?
- The neuroscience and chemistry behind pain and pleasure
- We are driven by feelings and emotions. Even the most logical of us. Awareness is everything
- How we respond to new tasks that are a stretch
- Three actions to make the pillars stronger
- Set Goals and habits, thinking & emotional control, mental rehearsal
- Practice the three actions
- Personal Action Plan

### Personal Action Plan

Participants complete their “Take Five AM and Take Five PM” everyday. These involve taking a few minutes at either end of every day, answering some structured questions.

### Session 2

- Share feedback
- Situational self leadership and adapting to change
- The confidence cycle
- What other resources do we have
- Re-score the 7 Pillars