

Personal Resilience Through Change



Resilience is our capacity to adapt positively to pressure, setbacks and challenges. It is about our ability to keep going, maintain our wellbeing, learn and develop.

The Faculty is offering a series of three workshops to give staff and students tools and techniques around resilience that can be applied at work or at home.

The workshops will be delivered by Lisa Rippingale (Senior Organisational Development Adviser), who has been trained by Dr Mandi Sherlock Storey (Chartered and Registered Practitioner Occupational Psychologist, and Head of Leadership Transformation with the North East Leadership Academy), who originally developed these workshops as part of her PhD research on Resilience. Lisa has successfully delivered similar workshops at a number of organisations in recent years.

The workshops run as a series, so you need to commit and sign up for all three:

1. 15 May 2018, 12 – 1pm, RIDB1.2.04A (Seminar Room 2.04A, 2nd Floor Ridley 1)
2. 5 June 2018, 12 – 1pm, RIDB1.2.04A (Seminar Room 2.04A, 2nd Floor Ridley 1)
3. 27 June 2018, 12 – 1pm, MED L2.8 (Seminar Room L2.8, 2nd Floor Leech Building)

To book please go to: <https://forms.ncl.ac.uk/view.php?id=1791317>

For any queries please contact Malasree Home (malasree.home@newcastle.ac.uk, ext. 85423)