

Resilience Building Programme 2016

University Hospitals Bristol 
NHS Foundation Trust

Resilience is the personal capacity to withstand stress and adversity. People can improve their capacity for resilience at any time. This 5-modular series is for anyone looking to enhance their overall wellbeing and resilience through self-awareness and practical techniques.

Module 1: Making Change



This looks at the process of making changes in our lives, what is the best way of achieving our goals, what are the barriers to change and how we can overcome them.

Module 2: Transform your thinking



How do we look at the world, do we sometimes think negatively about things? What is cognitive behavioral therapy and how can CBT help us understand how we view things and help us to cope with change?

Module 3: Healthy Lifestyles (optional)



This optional session looks at the basic principles of a healthy lifestyle, and how to improve our health and wellbeing.

Module 4: Doing your day



We all hope to have a good work life balance and this workshop is an opportunity to look at what we do in our daily lives to prioritise tasks and manage our time more effectively.

Module 5: Identifying & Managing Stress



This session looks at what causes stress, how we can recognise it and how can we look after ourselves. It brings together all the things covered in the other sessions.

Find out More about the programme...

The sessions are based on the [Lighten Up programme](#) and are led by a trained external facilitator in optimum group size of up to 15. It is geared to deliver long-term health and wellbeing benefits by assisting each delegate to identify where they need to make changes to their own lives.

See the dates, times and venues of all sessions overleaf. To book a place on the programme please telephone the booking co-ordinator on ext. 20118 / 20134 or email safety@uhbristol.nhs.uk

Series	Module	Date	Choice of Times	Venue
5 Jan- Feb	1. Making Changes	Monday 11 th January	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Interview Room, Education Centre
	2. Transform your Thinking	Tuesday 12 th January	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital
	3. Healthy Lifestyles - optional	Monday 25 th January	12:00-13:30 / 14:30-16:00	Interview Room, Education Centre
	4. Doing Your Day	Tuesday 26 th January	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital
	5. Identifying Stress	Monday 1 st February	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Tutorial Room 3, Education Centre
6 Feb - March	1. Making Changes	Tuesday 2 nd February	10:30-12:00 / 13:00-14:30 / 15:30-17:00	Large Lecture Theatre, Bristol Eye Hospital
	2. Transform your Thinking	Monday 15 th February	10:30-12:00 / 13:00-14:30 / 15:30-17:00	Tutorial Room 1, Education Centre
	3. Healthy Lifestyles - optional	Monday 22 nd February	11:00-12:30 / 14:30-16:00	Lecture Theatre 2, Education Centre
	4. Doing Your Day	Tuesday 15 th March	10:30-12:00 / 13:00-14:30 / 15:30-17:00	Large Lecture Theatre, Bristol Eye Hospital
	5. Identifying Stress	Wednesday 16 th March	10:00-11:30 / 12:00-13:30 15:30-17:00	Tutorial Room 3, Education Centre Tutorial Room 4, Education Centre
7 April - May	1. Making Changes	Monday 11 th April	08:30-10:00 / 12:00-13:30 14:30-16:00	Lecture Theatre 3, Education Centre Lecture Theatre 2, Education Centre
	2. Transform your Thinking	Tuesday 12 th April	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital
	3. Healthy Lifestyles - optional	Tuesday 26 th April	12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital
	4. Doing Your Day	Tuesday 3 rd May	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital
	5. Identifying Stress	Monday 9 th May	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Small Meeting Room, Bristol Eye Hospital
8 May - June	1. Making Changes	Tuesday 10 th May	10:30-12:00 / 13:00-14:30 / 15:30-17:00	Large Lecture Theatre, Bristol Eye Hospital
	2. Transform your Thinking	Monday 16 th May	10:30-12:00 / 13:00-14:30 / 15:30-17:00	Tutorial Room 6, Education Centre
	3. Healthy Lifestyles - optional	Tuesday 17 th May	12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital
	4. Doing Your Day	Monday 6 th June	10:30-12:00 / 13:00-14:30 / 15:30-17:00	Tutorial Room 3, Education Centre
	5. Identifying Stress	Tuesday 7 th June	10:30-12:00 / 13:00-14:30 / 15:30-17:00	Large Lecture Theatre, Bristol Eye Hospital
9 June - July	1. Making Changes	Monday 20 th June	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Tutorial Room 4, Education Centre
	2. Transform your Thinking	Tuesday 21 st June	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital
	3. Healthy Lifestyles - optional	Tuesday 28 th June	12:00-13:30 / 14:30-16:00	Lecture Theatre 3, Education Centre
	4. Doing Your Day	Wednesday 29 th June	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Lecture Theatre 3, Education Centre
	5. Identifying Stress	Monday 4 th July	08:30-10:00 / 12:00-13:30 / 14:30-16:00	Large Lecture Theatre, Bristol Eye Hospital