

Personal Resilience for Councils, Clerks and Councillors

NEW ONLINE TRAINING



This is an e-learning course.
Registration on this course will last 12 months.

£17 + VAT per delegate

Brief Overview of Course

This module is designed to provide Clerks, Council Officers and Councillors with an introduction to emotional intelligence and personal resilience, which is sometimes abbreviated to EI&R.

Emotional intelligence and personal resilience combined can help us manage difficult and stressful situations, many of which we may face in our roles in our different local councils.

In this module we are going to explore what we mean by emotional intelligence and how to strengthen it in ourselves. We're going to explore what we mean by personal resilience and we will consider what personal strategies and actions we can put in place to continually top up our resilience over time.

Learning Objectives

- Explain what we mean by emotional intelligence and resilience (EI&R) and better understand where our behaviours stem from
- Explore what EI&R means in terms of our own roles within local councils
- Consider different responses to a range of scenarios
- Introduce strategies to manage and respond effectively to stressful encounters at our local councils
- Develop a personal action plan for increasing skills in this area

This course takes 35 minutes to complete.

To Book: Complete the standard EALC booking form and send to **training@ealc.gov.uk** who will then register you with Nimble. Once processed you will receive joining instructions and your Council will then be issued with an invoice.