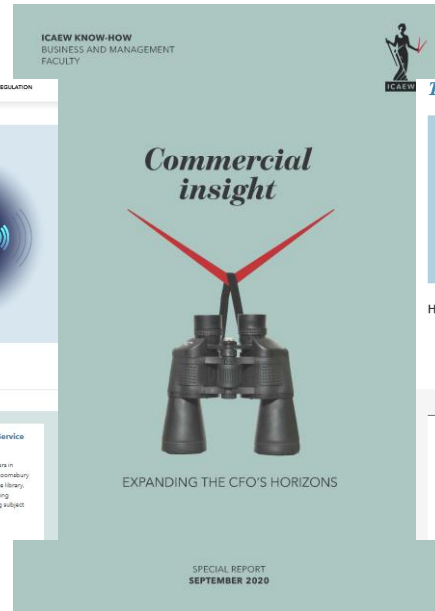
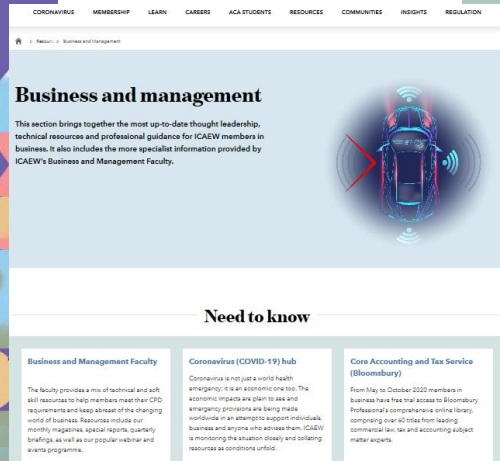




Leading resilient teams

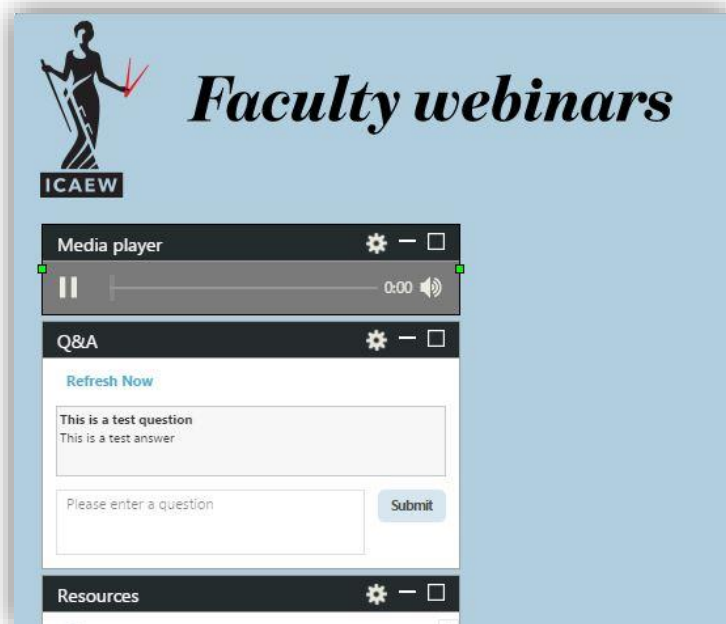
RICHARD JENKINS

Business and Management Faculty



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Ask a question or download resources



Audio problems?

ENSURE YOUR VOLUME IS TURNED ON
If you experience poor sound quality you may benefit from refreshing your page

Ask a question

Type your question into the question box then click submit.

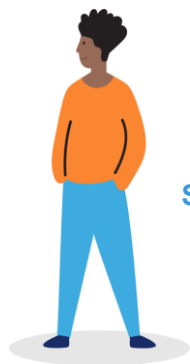
Today's presenter



Richard Jenkins

CABA with you for life

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STUDENTS



ICAEW
MEMBERS



FORMER
ICAEW MEMBERS



CAREER
BREAKERS



THEIR
FAMILIES

CABA with you for life
DISCOVER CABA
The right advice and support for you



**EMOTIONAL
SUPPORT**



**HEALTH &
CARER SUPPORT**



**FINANCIAL
ASSISTANCE**



**DEBT
ADVICE**



**CAREER
DEVELOPMENT
SUPPORT**



**LEGAL
ADVICE**

CABA with you for life
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Free



Impartial



**Strictly
confidential**

WHY WE SUPPORT FIRMS & BUSINESSES



Supporting Firms & Businesses achieve their wellbeing potential



Positively impacts employees wellbeing and gives access to CABA support resources.



CURRENT SUPPORT

www.caba.org.uk/coronavirus

cabamywellbeing.org.uk



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Menu

COVID-19: MOVING FORWARD, TOGETHER

Looking ahead with confidence

ADAPTING TO NEW CHALLENGES

We've all been affected by the Covid-19 pandemic in some way; significant changes to our day-to-day life, career plans on hold, economic insecurity, fear for our health and the health of our friends and family and, for some, having to cope with the unimaginable grief of losing loved ones.

While some parts of our lives have begun to feel more familiar, changes to the way we travel, work and interact with others may be with us for a while longer. And, we are still unsure about the long-term impact of the crisis. Adjusting to this 'new normal', in which the future seems uncertain, is a big challenge for our mental wellbeing.

Returning to the workplace is a particular source of anxiety for many. After months of social distancing, the idea of commuting and working in an office again may be nerve-wracking. And after adjusting to working from home many people are anxious to maintain their new work-life blend.

The accountancy sector has been one of the many industries hit hard by the economic fall out of the pandemic. Small business owners have had to adjust to a downturn in demand. Large firms have been forced to cut pay, reduce hours, freeze promotions and make redundancies. And as government efforts to support businesses through the crisis come to an end, the number of jobs lost is likely to increase.

The Covid-19 pandemic continues to pose new challenges, that make the weeks, months, even years ahead seem uncertain. But we'll be here to support you, every step of the way.

LET US HELP

Whether you're dealing with the impact of the immense challenges the last few months have brought, facing new challenges, or apprehensive about how to move forward, you don't have to face anything by yourself. We're here to help.

Click on the buttons below to explore the range of free services and self-help resources available to you and your family.



YOUR MENTAL WELLBEING

- Discover strategies to help you adapt to the 'new normal'
- Learn how you can support children with anxiety, frustration and anger
- Find ways to cope with uncertainty, anxiety and stress
- Take control of worrying or negative thoughts



CONTACT US

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LEADING A RESILIENT TEAM

Richard Jenkins

PROVIDING LIFELONG SUPPORT TO PAST AND PRESENT ICAEW MEMBERS AND THEIR FAMILIES

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Patron: The President of the Institute of Chartered Accountants in England and Wales

SESSION OUTLINE

- Early signs of stress
- Proactivity
- Effective leadership style
- Review coping strategies
- Action plan



WHAT IS RESILIENCE?



The capacity to adapt to adversity, while staying mentally, physically, emotionally, socially and spiritually healthy.

WHAT IS



?

The definition...

‘Stress is the adverse reaction people have to excessive pressures or other types of demands placed upon them.’

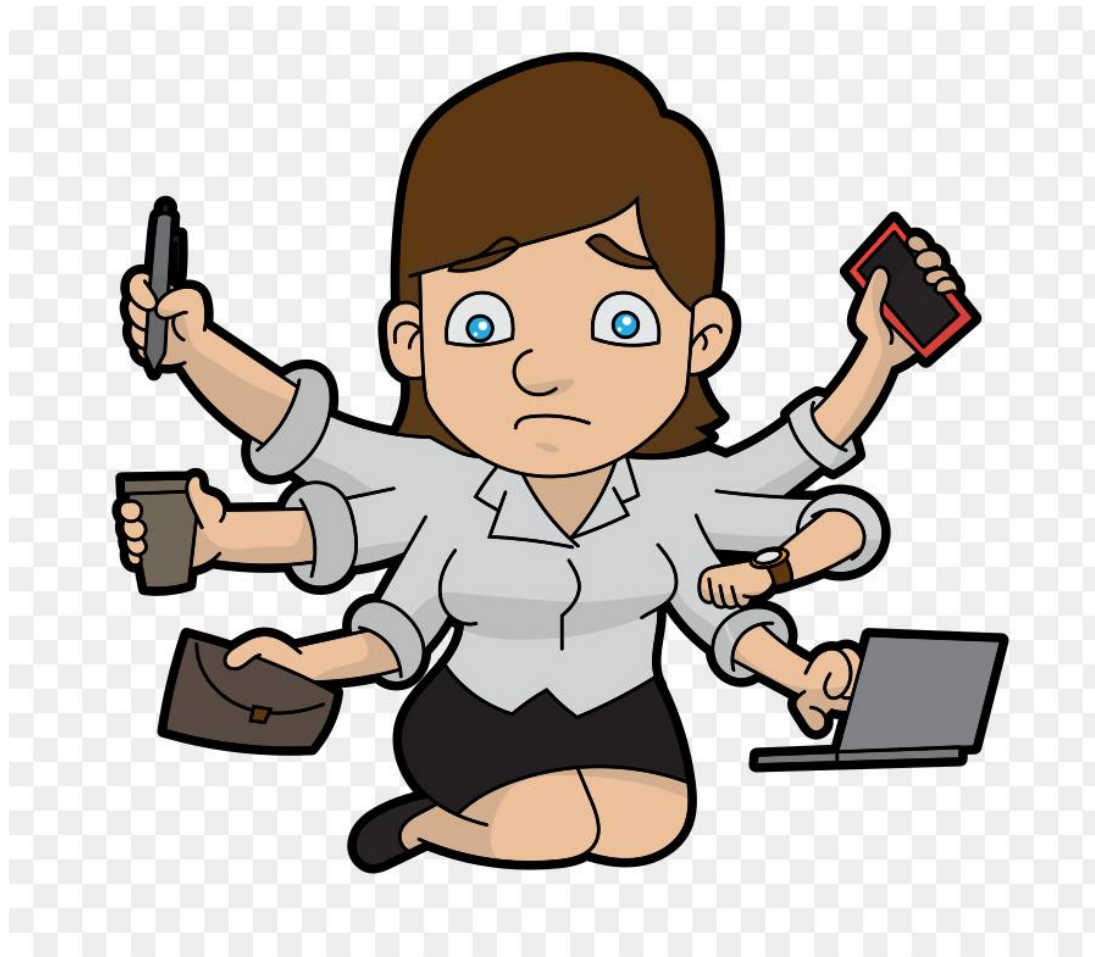
HSE, 2001

OR

“A condition or feeling experienced when a person perceives that the demands placed on them exceed the resources the individual has available”.

Richard S Lazarus

CONTRIBUTING FACTORS



RECOGNISE THE SIGNS



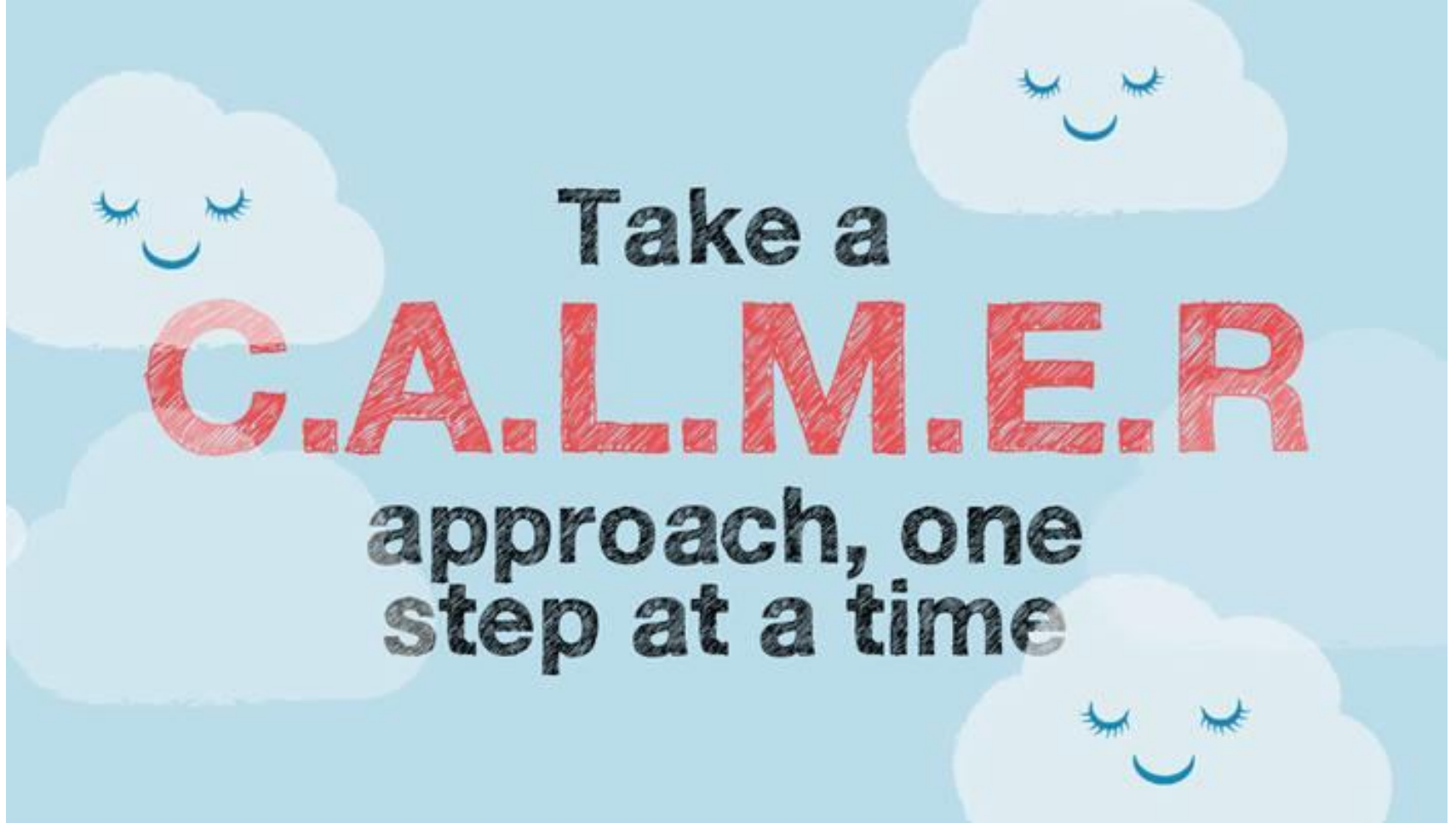


"Example is not the main thing in influencing others. It is the only thing."

Albert Schweitzer

RESILIENCE: INFLUENCING FACTORS

- Awareness
- An understanding that setbacks are part of life
- An internal locus of control
- Strong problem-solving skills
- Strong social connections
- Identifying as a survivor, not a victim
- Being able to ask for help



From the British Red Cross 2020

C.A.L.M.E.R.

Consider your own needs, and those closest to you

Acknowledge the source of stress, and how it impacts upon you

Listen to how you're feeling mentally and physically

Manage ways to manage your stress and regain control

Enable – what has enabled you to cope with stress in the past?

Resource – what do you need to put steps in place?

From the British Red Cross 2020

WHAT NEXT?...

- Review your coping strategies
- Create an action plan



QUESTIONS?



Upcoming BAM webinars

60 minute webinars – 10.00am

Supply chain assurance in the retail sector
20 October

Navigating 'office politics' positively
5 November

Practical Excel tips
7 December

20 minute webinars – 12.30pm

Common online frauds and how to avoid them
14 October

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Thank you for attending

Contact the Business & Management Faculty

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Upcoming BAM webinars and events

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