

LEADERSHIP & MANAGEMENT | COURSE BROCHURE

Resilient Leadership and Wellbeing

5 days | Classroom training | English

SMART HORIZON

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Course content

Why attend

Sustained pressure can erode leaders' judgement, energy and relationships. This course helps leaders build personal resilience and create healthy, high-performing teams: managing stress and energy, maintaining perspective, setting boundaries, recognising signs of burnout in others and leading with empathy during difficult periods.

Leaders who burn out cannot lead others well. You will learn evidence-based practices to stay effective and support your team's wellbeing.

Professional Problems This Course Is Designed to Solve

- Difficulty translating subject knowledge into practical workplace decisions.
- Inconsistent approaches to the activities covered in the course outline.
- Lack of a structured plan for applying and reviewing new skills.

Course methodology

Self-assessments, practical resilience techniques, reflective exercises, peer discussion and personal wellbeing planning.

Course objectives

By the end of this course, participants will be able to:
- Explain the science of stress and resilience
- Assess personal stress triggers and energy patterns
- Use practical techniques to manage pressure
- Set healthy boundaries and priorities
- Recognise and respond to stress in team members
- Create team practices that sustain wellbeing

Target audience

This course is suitable for:
- Managers and senior leaders
- Team leaders in high-pressure roles
- Healthcare and emergency services managers
- HR and wellbeing champions
- Project leaders



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Target competencies

Participants will develop competencies in:

- Stress management
- Self-awareness
- Empathetic leadership
- Boundary setting
- Wellbeing culture

Course outline

Day 1: Understanding Resilience

09:00–10:08	Stress, pressure and performance
10:08–11:00	Resilience as a skill
11:00–11:30	**Coffee break**
11:30–11:45	Resilience as a skill (continued)
11:45–12:53	Personal resilience assessment
12:53–14:00	Exercise: stress map

Day 2: Managing Energy

09:00–10:08	Physical and mental energy
10:08–11:00	Sleep, recovery and focus
11:00–11:30	**Coffee break**
11:30–11:45	Sleep, recovery and focus (continued)
11:45–12:53	Practical calming techniques
12:53–14:00	Practice session

Day 3: Perspective and Boundaries

09:00–10:08	Thinking traps under pressure
10:08–11:00	Reframing setbacks
11:00–11:30	**Coffee break**



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11:30–11:45	Reframing setbacks (continued)
11:45–12:53	Saying no and prioritising
12:53–14:00	Workshop: boundary plan

Day 4: Supporting Others

09:00–10:08	Recognising burnout signs
10:08–11:00	Supportive conversations
11:00–11:30	**Coffee break**
11:30–11:45	Supportive conversations (continued)
11:45–12:53	When to refer to professional help
12:53–14:00	Role play

Day 5: Healthy Team Culture

09:00–10:08	Workload and expectations
10:08–11:00	Psychological safety
11:00–11:30	**Coffee break**
11:30–11:45	Psychological safety (continued)
11:45–12:53	Team wellbeing practices
12:53–14:00	Personal and team plan

The timings provided are estimates and may vary depending on the number of participants and the discussions taking place during the sessions. They are indicative only and do not constitute a binding commitment.



Course content

Dates, venues and fees

Current published course plans. Fees are per participant in EUR, excluding unconfirmed taxes.

Venue	Start date	End date	Fee (EUR)
Dubai Confirmed dates	16 Nov 2026	20 Nov 2026	**€3,150.–**
Online Confirmed dates	16 Nov 2026	20 Nov 2026	**€1,250.–**
Rome Confirmed dates	7 Dec 2026	11 Dec 2026	**€2,450.–**
Online Confirmed dates	7 Dec 2026	11 Dec 2026	**€1,250.–**
Dubai Confirmed dates	11 Jan 2027	15 Jan 2027	**€3,150.–**
Online Confirmed dates	11 Jan 2027	15 Jan 2027	**€1,250.–**
Vienna Confirmed dates	1 Feb 2027	5 Feb 2027	**€2,940.–**
Online Confirmed dates	1 Feb 2027	5 Feb 2027	**€1,250.–**
Frankfurt Confirmed dates	15 Feb 2027	19 Feb 2027	**€2,650.–**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (EUR)
Online Confirmed dates	15 Feb 2027	19 Feb 2027	**€1,250.–**
Cape Town Confirmed dates	8 Mar 2027	12 Mar 2027	**€1,890.–**
Online Confirmed dates	8 Mar 2027	12 Mar 2027	**€1,250.–**
London Confirmed dates	29 Mar 2027	2 Apr 2027	**€2,450.–**
Online Confirmed dates	29 Mar 2027	2 Apr 2027	**€1,250.–**
Cape Town Confirmed dates	19 Apr 2027	23 Apr 2027	**€1,890.–**
Online Confirmed dates	19 Apr 2027	23 Apr 2027	**€1,250.–**
Amsterdam Confirmed dates	10 May 2027	14 May 2027	**€2,540.–**
Online Confirmed dates	10 May 2027	14 May 2027	**€1,250.–**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (EUR)
Rome Confirmed dates	24 May 2027	28 May 2027	**€2,450.-**
Online Confirmed dates	24 May 2027	28 May 2027	**€1,250.-**
Barcelona Confirmed dates	14 Jun 2027	18 Jun 2027	**€2,840.-**
Online Confirmed dates	14 Jun 2027	18 Jun 2027	**€1,250.-**
Dubai Confirmed dates	5 Jul 2027	9 Jul 2027	**€3,150.-**
Online Confirmed dates	5 Jul 2027	9 Jul 2027	**€1,250.-**
Kuala Lumpur Confirmed dates	26 Jul 2027	30 Jul 2027	**€1,450.-**
Online Confirmed dates	26 Jul 2027	30 Jul 2027	**€1,250.-**
London Confirmed dates	16 Aug 2027	20 Aug 2027	**€2,450.-**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (EUR)
Online Confirmed dates	16 Aug 2027	20 Aug 2027	**€1,250.-**
Istanbul Confirmed dates	30 Aug 2027	3 Sept 2027	**€2,650.-**
Online Confirmed dates	30 Aug 2027	3 Sept 2027	**€1,250.-**
Barcelona Confirmed dates	20 Sept 2027	24 Sept 2027	**€2,840.-**
Online Confirmed dates	20 Sept 2027	24 Sept 2027	**€1,250.-**
Vienna Confirmed dates	11 Oct 2027	15 Oct 2027	**€2,940.-**
Online Confirmed dates	11 Oct 2027	15 Oct 2027	**€1,250.-**
Rome Confirmed dates	1 Nov 2027	5 Nov 2027	**€2,450.-**
Online Confirmed dates	1 Nov 2027	5 Nov 2027	**€1,250.-**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (EUR)
Cape Town Confirmed dates	22 Nov 2027	26 Nov 2027	**€1,890.-**
Online Confirmed dates	22 Nov 2027	26 Nov 2027	**€1,250.-**
Paris Confirmed dates	6 Dec 2027	10 Dec 2027	**€2,860.-**
Online Confirmed dates	6 Dec 2027	10 Dec 2027	**€1,250.-**

Plan your next step

Dates, availability, exact venue, taxes, inclusions and payment terms require written confirmation. This brochure is not a quotation, registration, booking confirmation or visa invitation. Participants receive a Smart Horizon certificate of attendance; programmes are not externally accredited and do not award a professional qualification or designation. Confirm arrangements before booking travel.

For group or in-house training, contact our learning team to discuss your objectives and delivery arrangements.

Contact Smart Horizon

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