



What's Your Everest?

A DYNAMIC APPROACH IN
MENTAL HEALTH & RESILIENCE

DATA SHEET

EMPOWERING PEOPLE
TO SAVE LIVES



EDUCATE | INNOVATE | EMPOWER

OVERVIEW

What's your Everest is a robust dynamic approach to managing mental health and enabling resilience in individuals and teams. Candidates will be equipped with practical coping strategies for dealing with high pressure situations and the associated anxiety.

The course uses lessons learned and tested in exceedingly high-pressure environments such as on the side of mount Everest in an earthquake or walking the summit ridge of the Matterhorn. It distils them into specific practical skills that can be used in the workplace and at home.

EMPOWERING PEOPLE TO BE A PART OF THEIR OWN SOLUTION

Mount Everest is often used as a euphemism for the biggest challenge faced by an individual or team. Since George Mallory in 1923 teams and individuals have been striving to conquer its harsh environment, steep slopes and thin air. To successfully summit the mountain for the first time in 1953, Edmund Hillary and Tenzing Norgay had to develop extraordinary resilience and deal with the enormous psychological challenges of the unknown, solitude and self-doubt. We can learn a great deal from the coping strategies developed in these environments and use them to conquer our own metaphorical Everest.

The course will provide practical structured coping strategies and techniques for both teams and individuals. It approaches the subject from the position of associating mental health challenges and need for resilience with high performance people in VUCA (volatile, uncertain, complex, ambiguous) environments. The answer is not to "man up" but rather to be courageous. The course centres around three key areas of coping. Developing an immediate action plan for when crisis hits, developing a tactical plan for managing the current situation and collaborating, in order to build a better strategy for the future.

Summary

Course Content:

- Developing a plan
- Dealing with FEAR
- Understanding the biology
- Enabling resilience in others
- Effective communication under pressure
- Reassurance and direction
- The emergency action drill
- The tactical operating procedure
- Developing a strategy

Duration

This workshop can be run as a 1/2 day or full day programme and can be integrated into existing events or training.

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