

Building Resilience

1 Day



Description

Do you need to:

- Develop techniques and strategies to increase your capacity to cope with adversity and stressful situations?

This Building Resilience course focuses on enhancing an individual's ability to thrive in any situation. Building greater resilience within the workplace culture will improve employee productivity, increase engagement and reduce staff turnover.

Aim

This course aims to provide you with the skills and knowledge necessary to develop practical strategies to build personal resilience, manage stress and deal with change more effectively in the workplace.

Pre-requisites

There are no pre-requisites for this course.

Learning Outcomes

At the completion of this course you should have the skills and knowledge to:

- Understand different approaches to building resilience
- Develop a personal resilience plan
- Clarify values and increase self-awareness
- Take control of change
- Identify healthy & unhealthy coping strategies
- Apply techniques to build long term resilience
- Reduce the impact of stress with applied relaxation
- Improve psychological flexibility
- Assess and improve your general problem-solving attitude and orientation

Topics Covered

Key topics covered on this course include:

- What is resilience?
- The Study of Resilient People
- Characteristics of resilient people
- Characteristics of resilient leaders
- Assessing your own resilience
- Build a resilient organisation
- Sixty Second Workouts
- Working with Change
- Resilience and goal setting
- Creating SMART goals
- Learning to be more Resilient
- Mindfulness and the present
- Applied relaxation
- Acceptance & diffusion
- Worry postponement
- Methodological approach to problem-solving