

Who should attend: Support staff, team leaders, managers, and senior managers who wish to build personal resilience, productivity, and well-being.

Aims: To develop the ability to cope with setback and adversity and strengthen psychological well-being.

Learning Objectives

By the end of this course, students will:

- Understand the topic of resilience and its key components
- Assess personal resilience and know areas of strength and weakness
- Have practiced tools and techniques to develop their own resilience
- Set personal objectives for regular practice of resilient behaviours

Topics

What is Resilience?

Self-Assessment/Skills Questionnaire

What knocks Resilience

- Setback and adversity

How to Build Resilience

- Determination
- Solution Focussed
- Cognitive & Emotional Adaptation
- Active Connectedness
- Psychosocial Awareness
- Confidence
- Smart Optimism
- Mindfulness Mastery
- Self-Efficacy
- Mind Body

Building a resilience toolkit

- How to cope when the going gets tough

Personal Action Plan