

DEVELOPING PERSONAL RESILIENCE

1/2 DAY PROGRAM

OVERVIEW

Resilience is described as an individual's ability to bounce back from stress caused by setbacks and hardships, such as family or relationship problems, health problems or workplace change.

It's not always possible to prevent stressful events in your life, but you can strengthen your capacity to deal with these challenges.

Through a series of practical activities, this workshop helps participants gain skills to increase Emotional Resilience, in areas such as recognising and managing your own emotions, motivating yourself and others, coping with change and building trusting and productive workplace relationships.

OBJECTIVES

- Recognise and define resilience
- Recognise ways in which physical, mental and relational aspects contribute to resilience
- Identify resilience characteristics in self and others
- Manage immediate and long-term stressors
- Increase awareness and management of your emotional 'triggers'
- Develop strategies to build personal resilience

TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...

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