



BUILDING RESILIENCE

WE ALL FACE CHALLENGES IN OUR LIVES AND IT IS HOW WE RESPOND TO THOSE CHALLENGES THAT CAN MAKE A REAL DIFFERENCE.

Resilience is the ability to respond positively to adversity, to bounce back and find a way forward. The good news is, this is a skill we can grow and develop. This half-day workshop is designed to teach just that – to increase the personal levels of resilience in your staff.

IMPROVE WORKPLACE MENTAL HEALTH AND WELLBEING

This training takes a closer look at what happens when our body is under stress and how these body reactions influence our thinking and behaviour. Participants will review what it means to be resilient and learn to reframe the things that happen as challenges rather than threats or problems. The strategies learnt in this course provide participants with practical tools they can use in all aspects of their lives.

TOPICS COVERED IN THIS COURSE:

- Learn strategies to improve personal levels of resilience
- Learn how to identify and mitigate early signs of stress
- Learn strategies to reframe negative events
- Increase levels of resilient thinking
- Learn relaxation techniques to mitigate stress response
- Enhancing personal wellbeing



GIVE YOUR STAFF THE SKILLS TO OVERCOME CHALLENGES AND INCREASE THEIR RESILIENCE TODAY!