RESILIENCE SKILLS

PREFERRED TRAINING NETWORKS

YOUR TRUSTED LEARNING AND DEVELOPMENT ADVISOR

Workplace Resilience Skills training courses emerged around the 1990s. They didn't really exist before that, as the default training course would then have been "Stress Management". In-house workplace resilience skills training courses are now very popular as they focus on practical skills that help people to stay steady under pressure and recover faster after setbacks.

Back in the day, they coined stress as a "suffering with nerves" condition. Thankfully, nowadays, courses like workplace resilience can help you overcome some of the stresses you encounter. Workplace resilience skills have really evolved in the last 5 years, so maybe it's time to update your psychological resilience toolbox.

KEY COURSE CONTENT

- Critique individual personal resilience levels
- Scan the resilience levels in the workplace
- Calibrate a resilience scale
- Sail through daily tasks rather than a crisis management approach
- Anticipate struggle points and influence positive outcomes
- Scan activities to build resilience levels
- Identify and label common stressors
- Differentiate between positive and negative stressors
- Manage how you react to events
- Practice showing empathy
- Practice the art of unconditional surrender to events you have no control over
- Recognise the tell tale signs when resilience levels are dropping
- Recognise discomfort in other people

NUTS AND BOLTS

Target Audience
Employees, Supervisors, Team Leaders, Senior Managers and CEO's.

Duration
Available as a full-day or half-day course

Delivery
Available in-person at your organisation/ venue, or virtual

Group Size
Recommended 4 to 9 participants

Resources
Participants receive a certificate of completion & opt for a free follow-up refresher course with the original trainer

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