

## TO MAKE A BOOKING



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# RESILIENCE IN THE WORKPLACE

PERSONAL GROWTH THROUGH PROFESSIONAL CHALLENGE

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In a world of uncertainties, change and challenges, we need to constantly adapt to our environment, both physically and socially. While this experience presents an opportunity for personal growth; it can also be uncomfortable and challenging; and can negatively our wellbeing. Resilience is our personal ability to not only bounce back from difficult situations, but to learn and growth personally and professionally. Building resilience is vital to maintain mental wellbeing and can also enhance professional innovation and job satisfaction.

### Training Aims

- equip you with the skills to reflect on how you are responding to challenges or change
- explore the 6 domains of resilience
- develop strategies to strengthen mental resilience
- respectful communication techniques
- benefits of self care

This training package will be delivered in a manner tailored to the participants. Prior to the training, your participants will be sent a pre-presentation survey to ascertain their current skill level and expectations from the training, to support the participants to achieve personal goals with regard to resilience building.

TIME: 3 HOURS

ONLINE or ONSITE (preferred)

MAX 25 PARTICIPANTS

For costs, please contact us

**DISCLAIMER: This presentation is designed to provide a space for facilitated discussion among employees and employers. Our facilitator will not provide personal counselling support during training sessions. If you would like to speak to a counsellor, please discuss with our practitioner.**



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