

RESILIENCE TRAINING

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COURSE LENGTH: 0.5 DAYS

In this resilience training course participants develop the capacity to withstand and adapt to life's challenges, by providing a simple range of activities to boost positive mood and manage negative emotions.

It shows how the brain, body and emotions are linked and how people can change the way they feel to create an upward spiral of positive emotion that increases resilience.

This workshop is based on the latest emotional intelligence and neuroscience research by Barbara Fredrickson, Karen Reivich and Andrew Shatte.

RESILIENCE TRAINING COURSE OUTLINE

FOREWORD

Life and work can throw challenges, stress and situations that drain and deplete us. In this course, using the most up to date neuroscience research and proven self-management techniques people learn how to manage themselves through stressful situations, and keep their resilience tank full.

Whether you find yourself in a constantly high-demand role, are going through organisational change, or you have adversity in your personal life, this course provides you with powerful and simply applied techniques to help you weather the storm and manage your own personal mindset and come through the other side.

OUTCOMES

After completing this course participants will have learned:

- ▶ Create every day tools and strategies for your mind, body and environment that allow you to bounce back from adversity.
- ▶ Understanding the 4 A's model of resilience
- ▶ Apply the 4As Model to help you manage your emotions and dispute negative thoughts.
- ▶ Understand how to increase the duration and intensity of our peaks.
- ▶ Understand how the brain, body and emotions are linked so that you can change the way you feel and increase positive emotions.
- ▶ Understand the influencers of happiness with the 'happiness pie' and be encouraged to embed intentional activities to increase happiness.
- ▶ Gain a range of proactive and reactive resilience strategies.

MODULES

Lesson 1: Resilience - Self Awareness

- ▶ Understanding resilience
- ▶ Understanding your emotional range
- ▶ Recognising your ups and downs
- ▶ The resilience model - Overcome > Steer Through > Bounce Back > Reach out

Lesson 2: Recognising what affects me - a new approach

- ▶ Understanding what depletes you
- ▶ Forecasting draining periods
- ▶ Understanding the link between happiness and resilience
- ▶ Use the 4A's model Awareness | Acceptance | Adjustment | Action

Lesson 3: Building my own resilience - what works for me?

- ▶ Understanding how to build your resilience reserves
- ▶ Developing your personal strategy
- ▶ Your own mix of the resilience quadrant
- ▶ Mind (cognitive) | Environment | Exercise Personal connection

Lesson 4: My Action Plan

- ▶ Your personal action plan:
- ▶ Professional 1
- ▶ Professional 2
- ▶ Personal

Lesson 5: My current inventory score - where am I building from?

Where am I now?

- ▶ Review your own personal resilience inventory
- ▶ Awareness
- ▶ Acceptance
- ▶ Sustainable strategies
- ▶ Proactive Strategies
- ▶ Productive Strategies

WEB LINKS

- ▶ [View this course online](#)
- ▶ [In-house Training Instant Quote](#)
- ▶ [Public Classes - Enrol Now!](#)