PROFESSIONAL DEVELOPMENT TRAINING

09 884 0762

REQUEST QUOTE

0.5 DAY COURSE

PPA - Resilience and You - 3hours

This half-day, activity-based workshop is delivered live online and provides participants with the opportunity to understand what is resilience, the effects it has on their life and productivity, then gives them the chance to learn practical tools and strategies to implement on a daily basis to allow them to be more resilient especially during challenging times.

Participants learn to tools from leading sources such as the World Health Organisation (WHO) and Steven Covey (Circle of Influence) that they can use to proactively build their resilience and additional tools to employ in those tough times to maintain their reserves.

Delivered live online, this course considers how to build resilience through a work-related lens. The workshop also includes aspects of neuro-science, and participants learn to recognise their decision making, attitude and feeling about a situation as a result of chemical releases, and how to refresh and move forward more positively.

This is where science meets the workplace to build greater productivity.

This is a practical and fun day that is suitable for all audiences because of it's practical workshop approach, which provides people with the tools that they can apply on-the-job (and in other contexts) the very next day.

We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Please discuss your preferred platform, most commonly we use Microsoft Teams, Skype for Business, Webex or Zoom upon request.

These courses are facilitated in English, and are open to people from different industries across Australia, New Zealand, Singapore, Malaysia and Hong Kong - this is a short but powerful learning experience that gives you global collaboration opportunities. Our trainers and processes have been refined to give you a personalised learning experience where it is specifically targeted to your needs see our outcomes in the reviews.

Learn More Now by Clicking Here

What You'll Gain:

Performing Under Pressure – Creating Resilient Outcome-Oriented Teams in Trying Times.

This is the foundation of a productive, happy and stable workforce. As people learn to develop strategies to proactively monitor and build their resilience and understand how to reset their neuro-chemistry to re-energise and focus on positive outcomes.

Participants learn how to overcome energy blockers at work, and re-set team dynamics to ignite teamwork, collaboration and the overall resilience and stability of the team. This is a practical workplace-oriented course that provides the building blocks for a productive, stable and higher performing workplace.

In conjunction with the other PPA courses, this helps give people and organisations a competitive advantage through more productive people.

Outcomes

This course will provide practical skills and techniques to help people improve their workplace performance in the following areas:

- Proactively Building Resilience
- Maintaining Resilience
- Handling Change with a Better Mindset
- Having Fun at Work, while Maintaining Professionalism and Productivity
- Displaying Courage
- Increased Collaboration
- Engage and Develop People

Modules

Lesson 1: Resilience and You

- Workplace Pressure
- Stress-Related Hazards
- Understanding Resilience
- Depleting and Replenishing Your Resilience
- Reflection

Lesson 2: Responding to Pressure

- It's a Matter of Choice
- Think Positive - Be Positive
- Positive Reframing
- Reflection

Lesson 3: Lifting the Energy of the Team

- The Cauldron in Your Brain
- Having Fun at Work
- Energy Blockers

- Reflection

Talk to our expert team
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