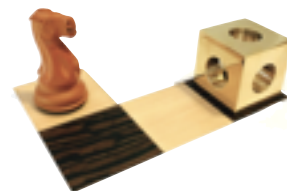


# beyond the board training

Course Factsheet C2



## Developing Personal Resilience



We live in turbulent times. Employees at all levels need inner strengths to help them thrive in challenging working conditions. The answer lies in personal resilience: the ability to bounce back from adversity. Resilience skills enable individuals to remain focused and productive while experiencing change.

### Prerequisites

The course is appropriate for employees of all levels.

### Outcomes

As a result of this course the participants will:

- Develop positive realism with a balanced outlook and a can-do attitude
- Develop a flexible, adaptable and positive approach to change
- Improve their decision making and problem solving skills
- Increase their self-awareness and ability to learn from their own successes and failures
- Gain an increased sense of purpose in their work
- Understand the benefits of cultivating social relationships
- Understand the importance of physical and mental self-care
- Gain an understanding that change and adversity often create opportunities.

### Syllabus

- What is resilience?
  - How does it link to stress and pressure?
  - 5 “stay” and 5 “keep” qualities of resilience
- Measuring own levels of resilience
- Resilience and Change:
  - Change vs. transition
  - Dealing with uncertainty
- Resilience and control
  - Internal vs. external locus of control
  - ‘Can do’ thinking
  - Identifying faulty thought processes (ABC exercise)
- Resilience and conflict
  - Recognising and understanding conflict in the workplace
  - Different styles of conflict resolution and their impact
- Emotional self awareness
- Support networks and how to strengthen them
- The wellbeing 5-a-day
- Individual Action Plan
- Recap
- Q & A Session

**COURSE LENGTH:** 4 HOURS  
**MAXIMUM CLASS SIZE:** 12 PEOPLE

