Developing your Resilience Training

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Duration: **3 Day**

Overview

This practical 3-hour session builds on core resilience skills to help learners respond constructively to everyday pressures. Using realistic workplace scenarios and evidence-based tools, the session focuses on recognizing stress patterns, shifting unhelpful thinking, and taking purposeful action. Each learner starts shaping a personal resilience toolkit they can continue to refine and apply beyond the session.

Prerequisites

There are no formal prerequisites for this course. An open mindset and willingness to participate in interactive exercises will enhance the learning experience.

Target audience

Designed for individuals familiar with basic resilience concepts, or those who have attended the Fundamentals workshop, who want practical tools for managing sustained pressure and ongoing workplace change.

What You Will Learn

By the end of this course, learners will be able to:

- Define resilience and identify its role in managing stress, adapting to change, and sustaining performance.
- Recognize early signs of stress in yourself and others to take proactive action.
- Reframe challenges to strengthen resilience and decision-making.
- Apply practical strategies to manage stress and build resilience.