

# Develop Your Resilience

Learn via: **Classroom / Virtual Classroom / Online**

Duration: **3 Gün**

## **Overview**

**“Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.”**

**Jean Chatzky – American Journalist**

## **ABOUT THIS COURSE**

This interactive workshop explores the nature of resilience, the seven factors that underpin it, and tools to develop your resilience.

People who attend this course often ask us:

- How can I manage my stress more effectively?
- How can I build my resilience?
- How can I work more effectively under pressure?
- How can I improve my work-life balance?

Resilience is key in dealing with the challenges of everyday home and work life. Developing your resilience can help you reduce your stress levels, 'bounce back' from setbacks, as well as increasing your performance, job satisfaction and work-life balance.

If you're a manager, being more resilient can help you support your people more effectively, for example through change and when they come under pressure.

The workshop explores seven 'resilience factors' and the tools required to develop these, as well as reviewing your individual resilience against those factors.

## **TARGET AUDIENCE**

This course is suitable for managers and employees who want to build their personal resilience and capability, for example when:

- experiencing stress
- working in a demanding environment
- going through change
- seeking to achieve a better work-life balance

It's also a great introduction for managers who want to understand how to develop the resilience of their reports and support them more effectively.

## **Prerequisites**

### **PRE-COURSE WORK**

You'll be asked to complete the Resilience Factor Inventory (RFI) questionnaire from Korn Ferry Hay Group/Adaptiv Learning Systems prior to attending the workshop, and to bring along your results.

Please Note: that this is an online questionnaire managed by Adaptiv Learning Systems within a website hosted in the USA. Prior to completing the questionnaire, you'll be asked to create an account directly with Adaptiv Learning Systems, and provide some personal/ demographic data. QA do not have access to the data that you share with Adaptiv Learning Systems - the results will be sent directly to the email address you provide to them.

## **What You Will Learn**

- What is resilience?
- The 7 factors and your profile
- Emotional regulation
- Impulse control
- Causal analysis
- Self-efficacy
- Realistic optimism
- Empathy
- Reaching out

- Putting things into perspective
- Action planning