Fundamentals of Resilience Training

Duration: **1 Day**

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Overview

This short, interactive session explores practical strategies for building personal resilience in the face of stress, pressure, or rapid workplace change. Designed to fit into a busy schedule, the 90-minute course introduces simple yet powerful mindset tools that help participants recover faster from setbacks, stay focused, and maintain emotional wellbeing. Learners will take away actionable techniques—including reframing and stress regulation—that can be immediately applied in dynamic or unpredictable work environments.

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

This course is ideal for individuals at all career levels who are navigating change or high-pressure environments and want to improve their ability to stay calm, focused, and effective. It is especially suitable for those new to resilience techniques.