
building Resilience

PROGRAM OVERVIEW:

Most work roles include some component of stress, whether it's to deadlines, competing demands on your time or simply managing interactions. Unmanaged stress can be a risk for us: dramatic consequences such as fatigue, burnout, and health and well-being concerns.

This half-day small-group session on resilience practices is a time out for your self-care. It introduces simple, easily implemented self-care skills and behaviours in a psychologically safe, interactive and supportive space. Self-care is not selfish. Self-care is 'putting your mask on first before helping others' to maintain the resources to keep supporting your team, your organisation and your customers.

KEY LEARNING OUTCOMES:

By completing this course you will learn how to:

- Understand the neuroscience of stress responses
- Become aware of your strengths and remain aligned to your values
- Implement techniques to develop resilient mindsets
- Invoke in-the-moment circuit breakers when responding to acute stress and adverse situations
- Develop learned optimism by recognising and challenging your own explanatory styles and self-talk
- Self-assess key opportunities for developing resilience
- Build a picture of your own life balance across multiple dimensions to identify areas for focus
- Use ongoing techniques and practices to build happiness and resilience.

WHO SHOULD ATTEND?

- Everyone who wants to manage themselves and their wellbeing through stressful times. Whether you are an individual contributor, team member, CEO, or consultant, work or personal life can bring challenges that need to be met effectively with resilience.



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PROGRAM INCLUSIONS:

All participants will receive

- Training from an accredited facilitator.
- Pre-workshop preparation pack.
- Workbook with key concepts.
- Post workshop learning transfer activity – supports practice of new behaviours in the workplace.

DURATION:

- This is a half-day course, either virtual or face-to-face.

PROGRAM PREREQUISITES:

There are no prerequisites for this course. Participants are advised to bring relevant workplace examples and challenges that they can focus on throughout the course.

DETAILED PROGRAM OUTLINE:

Module 1: Understanding Resilience

- Setting the context
- Self-assessment
- What does resilience look like?

Module 2: Developing A Mindset For Resilience

- Emotional intelligence
- Thinking patterns
- Emotional self-awareness
- Self-regulation

Module 3: Learned Optimism

- Noticing our explanatory style
- Reframing
- ABCDE model

Module 4: Building Resilience Muscles

- Strategies to manage self-talk
- Support networks
- Self-care behaviours

Module 5: In The Moment

- Circuit breaker activities for managing stress in the moment

