

## Course Synopsis

### Developing Personal Resilience

Course Outline	A full day course to develop skills which will enable delegates to deal with the pressures of modern life proactively and positively.
Objectives	<p>By the end of the workshop you will:</p> <ul style="list-style-type: none"> <li>• Have an understanding of what resilience is and why it is important to both individuals and employers.</li> <li>• Know what personal attributes contribute to resilience, how you measure up and ideas for personal development to increase your resilience.</li> <li>• Appreciate what “pushes your buttons” and what your underlying beliefs and values are which trigger a reaction.</li> <li>• Have explored different ways in which your brain manipulates evidence to distort a situation, be able to recognise when this happens and develop methods to counter it.</li> <li>• Be equipped with practical coping strategies for you to practice to improve your own resilience and limit the damage of pressure and stress</li> <li>• Have ideas on how to positively influence others.</li> </ul>
Topics	<p>Trainer led group discussion, practical exercises and comprehensive delegate notes</p> <ul style="list-style-type: none"> <li>• What resilience is, why understanding it is important, and what makes a more resilient person.</li> <li>• Your own strengths and weaknesses with regards personal resilience.</li> <li>• ABC – adversity, belief and consequence.</li> <li>• Coping strategies</li> <li>• Thinking styles</li> <li>• Perspective</li> </ul>