

# Building resilience against adversity.

## Overview

It does not matter where you are in your life, adversity and uncertainty can often be just around the corner. How do we deal with stress and hardship and how quickly can we recover from setbacks? The answer is resilience. Resilience is the ability to recover from the inevitable difficult experiences that life presents to us. This course is designed to help you explore and develop the art of resilience. The course provides strategies you can use to navigate change and be better able to handle challenges both at work and in your personal life.

## Course Aims

- Create a safe learning environment to explore the question: How can we build resilience?
- Understand what is meant by “Resilience.”
- Identify the key features of resilience.
- Explore resilience, wellbeing, and positive mental health
- Understand the techniques for growing your resilience.
- Appreciate why resilience is so important right now.

## Course Content

- What is resilience?
- Exploring stress, anxiety, and depression.
- Why is resilience important?
- Are some people born with resilience?
- Are resilient people natural optimists?
- Three characteristics you must have to be resilient?
- Four areas of training that can improve your resilience, enhance your quality of life, and help decrease your stress.
- Developing a long term plan to improve your resilience.

Course available as a full-day, half-day or optional.

## How to Book

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