

Build Resilience to Remain Effective

How resilient are you in the face of constant change and how do you develop resilient characteristics such as optimism and adaptability? Even if you develop in one area of resilience it is likely that these techniques will have a flow-on effect into other areas. Join this session to learn how you can be proactive in reframing your thinking, deal with external and internal stressors and cope with negative emotions. Set up a personal plan that includes the development of self-efficacy and self-worth as well as a high level of emotional awareness.

[Click here](#) to access the video overview.

Snapshot

Duration: 90 minute

Learning Outcomes

- Explore resilient behaviours and its role in the workplace
- Identify the early warning signs and ways to overcome
- Examine the connection between emotions and resilience
- Apply practical capabilities to foster resilient behaviours
- Create a personal resilience plan

Course Outline

- How resilient are you?
- Characteristics of a resilient person
- Developing resilience in your role
- Identifying internal and external stressors
- Can we be happy all the time?
- Forward thinking and in the moment, capability building
- 8 practical capabilities to foster resilient behaviours
- Taking action with your personal resilience plan