

Resilience Training

Course information



tnta
THE NATIONAL TRAINING ACADEMY



Overview

What is resilience? It is the capacity to recover quickly from difficulties and this course will help you to develop your personal resilience in these ever changing and challenging times.

Everyone faces adversity and the challenges in the workplace and at home, but not everyone has the capacity and internal strength to bounce back quickly. Resilience is a key skill which we can all build and develop.

Resilience is not a sign of exceptional strength, or rare and special or extraordinary qualities, but a fundamental feature of normal, everyday coping skills. When you know how to strengthen these you naturally become more resilient.

This course contains the following modules:

Module 1 - An introduction to risk and resilience:-What is resilience and what common risk factors that test your resilience? We look at examples of resilient people and the positive attributes that help build resilience.

Module 2 - The five pillars of resilience: an introduction to the five pillars of resilience: self-awareness, purpose, mindfulness, self-care and positive relationships. To give you the building blocks for understanding how they all feed in to building personal resilience.

Module 3 - Developing your self-awareness: Self-awareness is perhaps the most important pillar of resilience. We explore how to develop your self-awareness, including personal values, facts v opinions, ABC model, decatastrophizing, self-efficacy and other strategies.

Module 4 - Developing your purpose: Have you ever thought what is your purpose in life? We explore how to identify and develop your purpose, tools include career reflection, imaginary hindsight, visualisation, problem solving, goal setting, react v reflect, circle of influence and much more.

Module 5 - Developing mindfulness, self-care and positive relationships: We consider how self-care impacts on resilience and how to make positive lifestyle changes including quality sleep, diet, hydration, exercise and maintaining boundaries. We look into mindfulness and the benefits and simple ways to practice this in everyday life. Finally, we look at positive relationships and how this helps to build resilience.

Module 6 -Self-esteem, motivation and a healthy workplace: Self- talk, self-image and self-esteem are important factors when it comes to being confident and resilient, we delve into strategies to improve this. Finally, we look at how small changes in the workplace can make big changes to employees, making for a more resilient