



Building Up Your Resilience

Resilience is the ability to cope with adversity and the ability to bounce back from stressful situations. We see and hear more and more instances of conflict, bullying and personal drama and its impact in the workplace and other places such as the schoolyard, and through social media.

Employers are now recognising that a resilient workforce provides benefits for business, because healthy, psychologically robust workers are likely to have greater levels of engagement and productivity, and lower rates of absenteeism.

Building resilience in the workforce may also help employers maintain their work health safety obligations, including a duty to minimise risks to workers' psychological health.

When complying in the workplace on work health safety risks, it's often easy to focus on tangible hazards like what may cause a slip and trip, or other physical injuries. However, it may be the less obvious hazards such as interpersonal conflict, up to and including bullying, internal restructuring or changing duties which can pose the greatest risk to your workforce.

This workshop is suitable for those engaged in the workforce, employees, supervisors and managers and focuses on personal strategies for building resilience.

Develop a deep understanding of the benefits of becoming more resilient and recognise personal resilience characteristics for development.



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Topics at a glance

- Behaviour Preference
- Building Trust through Behaviour and Values
- Workplace and Personal Values
- Effectively self-regulate
- 7 stages of grief
- Mindfulness
- Tough conversations
- Resilience strategies
- Relax your mind
- Let go of the issues

When and Where

Date: Thursday 23 August 2018

Time: 8:30 am to 11:30 am

Biznorth HQ

Unit 18, 119 Reichardt Road, Winnellie

Cost

\$97.00 per person

No refunds

This workshop can be contextualised for government and corporates. Also available as a one-day event.

Register online at

https://biznorth.com.au/products/building-up-your-resilience_1

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