

# Building Resilience

## 1 Day



### Pre-requisites

There are no pre-requisites for this course.

### Description

#### Do you need to:

- 'Bounce back' after those heavily stressful work days?
- Develop ways to increase your capacity to cope with adversity and stressful situations?
- Focus on enhancing your ability to thrive in any situation?

### Aim

Developing resilience is a personal journey. People do not all react the same to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another. People use varying strategies.

This course aims to provide you with the skills and knowledge necessary to develop practical strategies to build personal resilience, manage stress and deal with change more effectively within the workplace and beyond.

Building greater resilience within the workplace culture will improve employee productivity, increase engagement and reduce staff turnover.

### Learning Outcomes

#### At the completion of this course you should have the skills and knowledge to:

- Understand different approaches to building resilience
- Discover how resilient you are
- Discover and measure your stress levels
- Recognise and understand healthy and unhealthy coping strategies
- Know and understand Thought, Energy and Stress management

- Increase Confidence and Develop strategies
- Develop a personal resilience plan

### Topics Covered

#### Key topics covered on this course include:

- What is resilience?
- Characteristics of resilient people
- The 7C's of Resilience
  - Stop comparing yourself to Others
- Thought Management
  - Cognitive Behavioural Therapy (REBT)
  - Ellis & Beck – ABC Model
- Understanding your Strengths
  - Assessing your own resilience
  - Learning to be more resilient
  - Steps to a more resilient you
  - Conquering FEAR
- Resilience and SMARTer goal setting
- Taking Control of Change
- The Pomodoro Technique
- Stress Management
  - Worry Postponement
  - Fight or Flight response
  - What are your stress levels?
  - Stress and the locus of control
- Organisation resilience
  - Stressors in the workplace
- Energy Management
  - Meditation and Mindfulness
  - Life Balance



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