

Building your Resilience

Half-day workshop 9:00am – 1:00pm



What's it about?

Resilience is the capacity to withstand and adapt to the challenges life throws us.

This practical workshop will equip you with the tools to cope with setbacks, change and keep pressures from work and life challenges positive. Resilience is a skill anyone can learn, to survive and to thrive.

Gain valuable insight in to stress and how it can be reduced and managed at both a practical and cognitive level. Learn strategies to remain productive, focused and emotionally strong whatever work or life challenges you are confronted with.

Benefits:

- Achieve balanced emotion management.
- Increased productivity.
- Improved workplace relationships.
- Focused decision making and problem solving.
- Stay resourceful in the face of challenges.
- Develop effective coping strategies.

This interactive workshop will explore:

- Practical tips to improve your resilience.
- Proactive management of emotions in yourself and others to alleviate stress and face pressures effectively.
- Intentional activities to build resilience at work and home.

"By far one of the best trainings I have ever attended, I was fully engaged for the whole 4 hours. Very impressed with the training. I would 100% recommend this training to anyone who would like to learn about how to manage/understand their emotions at work."

"Very informative, learning how the brain works and how we can change our mood by just changing the way we view a situation."