PROFESSIONAL DEVELOPMENT TRAINING

# Practical ways of becoming more Resilient Training Course - 3hours

REQUEST QUOTE

0.5 DAY COURSE

**The PD Training 3-hour Practical Resilience Training Course was developed for organisations and individuals who require some guidance and tips on how to stay resilient when situations can be challenging like during a pandemic.**

**Growing your resilience is a simple and effective way to combat stress, feel more in control of your emotions and be able to better manage what work, colleagues, family and life in general throw at you.**

**This 3-hour, activity-based workshop is delivered live online and provides you with the opportunity to understand what is resilience and the effects it has on your life and productivity. We give you the opportunity to learn practical tools and strategies to implement on a daily basis, helping you to become more resilient especially during challenging times.**

**You will learn tools from leading sources such as the World Health Organisation (WHO) and Steven Covey (best selling author of 7 Habits of Highly Effective People) that you can use to proactively build your resilience and additional tools to employ in those tough times to maintain your reserves.**

**Delivered live online, this course considers how to build resilience through a work-related lens. The workshop includes aspects of neuro-science, which helps you to learn how to recognise your decision making, attitude and feeling about a situation as a result of chemical releases, and how to refresh and move forward more positively.**

**This is where science meets the workplace to build greater productivity.**

**This is a practical and fun 3-hour session that is suitable for all audiences because of it's practical workshop approach, which provides people with the tools that they can apply on-the-job (and in other contexts) the very next day.**

**We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Please discuss your preferred platform, most commonly we use Zoom, Microsoft Teams, Skype for Business, Webex and other platforms upon request.**

**These courses are facilitated in English, and are open to people from different industries across the United States, Australia, New Zealand, Singapore, Malaysia and Hong Kong - this is a short but powerful learning experience that gives you global collaboration opportunities. Our trainers and processes have been refined to give you a personalised learning experience where it is specifically targeted to your needs.**

**Learn More Now by Clicking Here**

### What You'll Gain:

Resilience is key in being happy, productive and better managing your work and life.

As people learn to develop strategies to proactively monitor and build their resilience and understand how to reset their neuro-chemistry to re-energise and focus on positive outcomes, they become more resilient. Like any other other skill, Resilience must be learned and initially put into practice consciously everyday until it becomes natural and a part of you.

As a participant on this course you will learn how to overcome energy blockers at work, and re-set team dynamics to ignite teamwork, increase collaboration and the overall resilience and stability of not just your but also your team (or family). While this is a practical workplace-oriented course that provides the building blocks for a productive, stable and higher performing workplace, the skills that you will learn during this course is just as easily applied to your personal life.

# Outcomes

**This course will provide practical skills and techniques to help people improve their workplace performance in the following areas:**

- Proactively Building Resilience
- Maintaining Resilience
- Handling Change with a Better Mindset
- Having Fun at Work, while Maintaining Professionalism and Productivity
- Displaying Courage
- Increased Collaboration
- Engage and Develop People

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# Modules

### Lesson 1: Resilience and You

- Workplace Pressure
- Stress-Related Hazards
- Understanding Resilience
- Depleting and Replenishing Your Resilience
- Reflection

### Lesson 2: Responding to Pressure

- It's a Matter of Choice
- Think Positive - Be Positive
- Positive Reframing
- Reflection

## Lesson 3: Lifting the Energy of the Team

- The Cauldron in Your Brain
- Having Fun at Work
- Energy Blockers
- Reflection

**Talk to our expert team**

**Phone:**

Email: