PROFESSIONAL DEVELOPMENT TRAINING

PPA - Resilience and You

REQUEST QUOTE

1.0 DAY COURSE

This half-day activity-based workshop provides participants with the opportunity to understand resilience; the effects it has on their life and productivity then gives them the chance to learn practical tools and strategies to implement on a daily basis.

People learn tools from the leading sources such as the World Health Organization, Steven Covey (Circle of Influence) that they can use to proactively build their resilience and tools to employ in those tough times to maintain their reserves.

Delivered very much through a work lens, the workshop also includes neuroscience, and people learn to recognize their 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 day that is suitable for all audiences because of its practical workshop approach that provides people with tools that they can apply on-the-job (and in other contexts) the very next day.

What You'll Gain:

Performing Under Pressure – Creating resilient outcome-oriented teams in trying times

PD Training's new signature series program - Productive People Advantage brings together the best activity-based learning, incorporates practical workplace tools, and leverages the latest research in neuroscience, psychometric profiling and emotional intelligence in new ways to develop and measure previously elusive to target or measure capabilities.

Outcomes

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

- Managing Disruption and Change
- Display Courage

- Increased Collaboration
- Engage and Develop People
- Solve Problems
- Resiliency

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: