

Resilience in the Workplace



Overview:

Our resilience, or capacity to bounce back and even thrive in pressured times, is critical in workplaces today. With higher workloads, declining resources and frequent change, together with the hectic pace of personal lives, resilience is almost a key to survival.

Learn to bounce back, become more confident, reliable and effective.



Benefits of completing this course:

- Increased self-awareness and personal empowerment
- Enhanced productivity through increased vitality, motivation and concentration skills
- Minimisation of risks associated with work-related stress



Audience:



Learning Outcomes:

- Understand the importance of resilience
- Learn to use the 4As Resilience Model
- Manage emotions and negative thoughts
- Develop personal resilience strategies



Delivery:

Workshop



Course duration:

3 hours



Certificate:

Certificate of Attendance



Competencies:

Self-Awareness
Manage feelings and emotions
Communication Skills
Self-esteem and Confidence
Problem Solving

Delivery Options



Public Schedule



Live-Online



Group Training



In-house

To book this course:

Call: **1300-2GO-CTS**

Web: www.ctstraining.com.au

Email: info@ctstraining.com.au

Resilience in the Workplace

Topics covered ...



■ Exploring resilience

- What is resilience
- How resilient am I?
- Characteristics of resilient people and organisations
- Levels of resilience
- Building personal resilience
- Building team resilience

■ Bounce back from adversity

- 4As Resilience model
- Anxiety, stress and the brain
- Key strategies to develop and grow resilience

■ Stay Calm and Courageous

- Understanding how you think
- Developing the right mindset
- Understanding Emotional Intelligence
- Dealing with positive and negative emotions
- Developing EI competencies
- Mindfulness strategies
- Gaining perspective

■ Communication Strategies

- Be empowered to take criticism effectively and positively
- Learn to be un-insultable

Delivery Options



Public Schedule



Live-Online



Group Training



In-house

To book this course:

Call: **1300-2GO-CTS**

Web: www.ctstraining.com.au

Email: info@ctstraining.com.au