

Live Webinar - Building Resilience & Wellbeing

Duration: 3 hours

Delivery Method: WebEx

Maximum 10 delegates

About the course

This online live interactive webinar looks at what resilience is, how resilient we are and how to build resilience. The workshop is fun and interactive involving group discussions and practical activities so that participants will leave with a personal toolkit for future use.

This live on-line interactive webinar will be highly interactive with delegate participation and engagement throughout.

The webinar is delivered by a Certified Online Learning Facilitator.

Who should attend?

This course is suitable for anyone wanting to learn about their own resilience and how to improve it.

Learning objectives:

At the end of the webinar delegates will be able to:

- Understand how resilience can help you thrive
- Take away a profile of your resilience
- Equip yourself with a selection of tools and techniques to develop your resilience

Course content:

- What is resilience?
 - Understanding the difference between mental optimism and resilience.
 - The benefits of being resilient.
- How resilient are you?
 - A chance to identify when you have been resilient and how this manifests itself both inside and outside of work.
 - A look at your resilience profile – a chance to self-assess.
- Developing your resilience
 - The importance of being resilient for our well being
 - A look at where we need to develop
 - Tools and techniques that can help develop resilience
- Action Planning