

Building Resilience



The Building Resilience workshop is aimed at organisations where high performing expectations and pressure at work ultimately impacts productivity.

Building resilience in your workforce is essential to enable them to function efficiently and effectively during times of high stress. Stress from work and home life can impact individuals adversely and it is important to recognise stressful situations, how they impact each individual and equip employees with mechanisms to manage these issues.

Benefits of the program include:

The Building Resilience workshop will educate your workforce and give them the tools and techniques to manage work pressures more effectively, reducing absenteeism and increasing productivity.

Workshop format

An interactive and engaging three hour workshop including group, paired and individual activities for participants to understand the importance of developing their own resilience plan to manage workplace and personal issues.

To find out more contact your Account Manager today.

Learning outcomes

By the end of this topic participants will be able to:

- Understand the importance of building their resilience.
- Have a working knowledge of the four pillars of resilience (physical, social, emotional and cognitive).
- Recognise their own stresses and have the ability to contain stress more effectively.
- Know how to take practical steps to deal with work pressures.
- Be aware of the barriers in implementing a personal resilience plan.