# **Enhancing Your Resilience**

## Course Outline





### **Learning Outcomes**

On completion of this workshop, participants will be able to...

- Understand what resilience is and how this can be shaken
- Appreciate their current context and identify personal 'hot spots'
- Understand a model of resilience that positively contributes to wellbeing
- Identify and apply a range of strategies to improve their resilience and better deal with stressful situations
- Develop a personal resilience action plan

Can be run as 1 full day or 2 x ½ days a few weeks apart. Also has a 3 hour option.

## **Workshop One Outline**

#### 1. Resilience fundamentals

- What is resilience?
- What are the factors that contribute to wards resilience? (What are the thoughts, behaviours + actions of resilient people?)

#### 2. Understanding triggers, consequences and the current context

- Understanding the situations and triggers that can cause our resilience to be shaken - and how we may respond (common stress triggers, basic human needs, typical responses to change)
- Understanding your own context How resilient are you?

#### 3. Exploring a 5 dimension model of Resilience

- Physical -nourishing / nurturing your body
- Emotional actively working on self awareness + self management (feelings, self control, moods)
- Mind / mental taking control of thinking and actions
  - Ways to get organised, stay focussed and make realistic goals + plans
  - Assertiveness, managing conflict + challenging customers
  - More effectively giving and receiving feedback
  - Finding ways to navigate through change
  - Reframing your thinking, optimism, self talk, problem solving
- Social investing in connections and relationships
- Spiritual nourishing / nurturing your 'spirit', Wellbeing PERMA, Flow, signature strengths + 'sweet spots'
- Development of a personal resilience action plan

1/2 days