

Developing Personal Resilience and Growth

It Starts With You!

I can, I will
End of story.

Embrace



Learn more at embraceresilience.com

Building Personal Resilience

This workshop provides a useful toolkit to improve the confidence and skills necessary to promote resilience. It is designed to support any individual, team or organisation looking to improve their capacity to manage adversity. It will improve personal development and achievement at work, as well as having an impact on the family and wider community.

A package of e-learning modules comes with the course and is particularly useful if you want to become a Mental Health First Aider or Wellbeing Champion.

We aim to make resilience and personal development training as widespread and accessible as mandatory training such as Health and Safety. The e-learning part is particularly useful for those organisations unable to release staff for extended periods of time.

Who should do the workshop?

Anyone interested in their personal development and growth. You will learn key principles of resilience and discover new ways of thinking and behaving that make you better, stronger and healthier. You will be better able to deal with adversity and to help others do the same.

Workshop Content

The Resilience workshops are based on evidence and guidance from clinical and sports psychologists, educators and professional coaches. On completion, learners will be able to:

1. Define resilience and describe its key characteristics
2. Describe how resilience is related to stress, anxiety, physical health and emotional wellbeing
3. List the key ingredients for resilience
4. Apply techniques to improve responses to stress, anxiety and adversity in general
5. Identify specific areas to develop personal resilience
6. Identify and challenge negative thinking patterns
7. Pinpoint key lifestyle factors which impact on resilience
8. Apply principles of Mental Health First Aid to support others.

Session 1:

What is resilience, why is it important and how do I get it?

Session 2:

Response-ability and resilience

Session 3:

Mental Health and Positive Psychology

Session 4:

A road map for the future