

Resilience in the Workplace



Category: Personal Development

Resilience is about the positive adaptation by individuals despite their experiences of significant stress, change or adversity. Emotional resilience isn't about toughing it and ignoring feelings - it's about knowing yourself, your stressors and when to reach out to others.

Duration

1 Day

Course Objective

This course has been developed to help you identify the characteristics of resilient people and provide you with tools and techniques to help you take control.

Who Should Attend / Target Audience

Anyone who wants to learn techniques to build their resilience to adapt to stressful situations or events in the workplace.

Learning Outcomes

- Identify what decreases your resilience and the coping resources you can implement.
- Understand how focus and goal setting helps improve your effectiveness.
- Maximise your ability to mentally prepare and plan for positive action.
- Safeguard against stress by identifying your stressors and learn techniques to deal with stressful situations.

Related Courses

Time Management, Dealing with Difficult Behaviour, Conflict Management

Next Level Course

n/a

Availability

In House Closed Group Public

Version: 30/12/09

Course Content

What is Resilience - *understand the definition of resilience and what influences emotional resilience.*

Traits of Emotional Resilience - *identify the traits and degrees of resilience within and between people.*

Identifying and Addressing Barriers & Characteristics of Emotional Resilience - *what you're feeling right now and your own level of resilience.*

Performance and Resilience - *understand the link between performance and resilience.*

Attitudes and Coping with Events - *we may not have control of the event, but we have control of ourselves.*

Orlick 2008 Wheel of Excellence - *an approach to increasing workplace resilience.*

Techniques for Focus Control - *use the "FOCUS" technique to help you regain control.*

Goal Setting - *set "SMARTER" goals and use the Goal Setting Cycle to improve your chances of success.*

Mental Readiness - *identify what you do to make sure your mind is prepared and ready to do the task.*

Behavioural Change Model - *Six steps for resilience improvement.*

Stress Safeguarding - *understand how you respond to stress and coping resources you can implement.*

Dealing with Stressful Situations - *Use "The Four A's" to change the situation or change your reaction.*

MELBOURNE
SYDNEY
BRISBANE
TOWNSVILLE
CAIRNS

Phone 1300 793 951
Fax 1300 793 952

Web www.odysseytraining.com.au
Email info@odysseytraining.com.au