

BUILDING WORKPLACE RESILIENCE

INTRODUCTION:

Resilience is a crucial trait to have in the workplace, as it allows individuals and organizations to bounce back from adversity and continue to thrive in the face of challenges. In this training program, participants will learn about the importance of resilience in the workplace and how to build it at the individual and organizational level.

Through a combination of evidence-based practices and practical exercises, participants will develop a personal toolkit of strategies and techniques that they can use to boost their own resilience and that of their organization.

Topics to be covered:

- The definition of resilience and why it is important in the workplace
- The 7 C's of resilience: commitment, control, challenge, confidence, coping, character, and citizenship
- Strategies for building resilience at the individual level, including mindfulness, positive self-talk, and stress management techniques
- Ways to foster a resilient organizational culture, including effective communication, support systems, and leadership
- Practical exercises to put these concepts into action and build a personal toolkit of resilience strategies

Conclusion:

By the end of this training program, participants will have a greater understanding of the importance of resilience in the workplace and how to build it at the individual and organizational level.

They will have a set of practical tools and techniques that they can use to boost their own resilience and that of their organization, helping them to better navigate challenges and continue to thrive in the face of adversity.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

Takeaways:

- Participants will have a comprehensive understanding of the concept of workplace resilience and the various benefits of building resilience.
- Participants will be able to identify personal strengths and stress management techniques that can help build resilience at the individual level.
- Participants will be able to recognize ways in which organizations can foster resilience, including creating a supportive work culture, providing resources for stress management, and promoting work-life balance.
- Participants will have an understanding of the latest scientific research on building resilience and be able to apply this knowledge to their own experiences.
- Participants will be able to identify and implement evidence-based practices for building resilience in the workplace.
- Participants will be equipped with the skills and strategies needed to build and maintain resilience in the face of challenges and adversity in the workplace.

