

## Developing Personal Resilience

Have you ever wondered why some people seem to be particularly good at dealing with challenges, and the ups and downs of life?

Individuals, both at work and in their personal lives, face a number of issues that may potentially threaten their wellbeing. Building resilience can support individuals facing these challenges and it is also an important factor in mental and emotional wellbeing.

### This workshop will support you to:

1. Understand why personal resilience is important.
2. Understand the central characteristics of a resilient person.
3. Discover the degree of resilience that is already established in the individual.
4. Identify the threats and events of routine and exceptional daily working lives for which resilience is needed.
5. Understand how to strengthen personal resilience.
6. Understand how to embed the techniques and exercises into routine daily working lives.

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### For further information on training please contact:

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