

Short Courses

Course Name

Resilience Workshop

Course Description

Resilience is the ability to recover and bounce back from adversity and hardships, feeling stronger and more capable to cope than ever before. The Resilience Workshop will provide you with the necessary skills to achieve this. WRAW (Workplace resilience and wellbeing) is a psychometric survey that measures individual wellbeing and resilience. Drawing on the results of your personal report, you will build a unique insight into the 5 key sources of resilience (the pillars) and gain an accurate measure of your own strengths and development areas. You will learn practical strategies, tactics and tools to bolster each pillar and build your resilience to respond positively to the various pressures and demands of the workplace.

Audience

Anyone who would like to build personal resilience.

Duration: 1 Day(s) **Class Size:** 20

Competence Name Awarded**Competence Awarded****Course Code****Prerequisite Name****Prerequisite Short Code****Skills Assessment Scheme Regime****Course Type**

Face to Face

Download Date: 19/5/2024