

COURSE CONTENT OVERVIEW

Resilience Training



This Resilience Training course will help you to develop the various personal attributes that help you better handle life's challenges. It provides useful, practical steps for developing the five pillars of resilience, which everyone must strengthen to become more resilient.

By taking this course, you'll gain a healthier mindset that helps you bounce back from difficulties and find greater happiness in life.

Module One: Introduction to Resilience

This module provides an overview of what exactly is meant by resilience. It discusses why resilience helps you in your personal and professional life, what the key characteristics of resilience are, and what common barriers stop people from being resilient.

- What is personal resilience?
- What are the positive attributes of resilient people?
- Common barriers to resilience
- Why organisational resilience is important
- Famous examples of resilience

Module Two: The Pillars of Resilience

This module introduces the key components of resilience by referring to the five pillars of resilience, which all have their own subcategories. It gives the learner an awareness of which areas they need to develop to improve their own resilience.

- What are the pillars of resilience?
- Emotional wellbeing
- Inner drive
- Future focus
- Relationships
- Physical health
- Fixed and growth mindsets
- Self-reflection

Module Three: Developing Your Pillars – Part One

This module focuses specifically on how to develop your emotional wellbeing pillar, as it's one of the most central to resilience. It helps you to address common barriers that negatively influence your emotions and thought patterns, and provides useful tools and techniques for doing so.

- Barriers to emotional wellbeing
- Tools for improving your emotional wellbeing
- Thought records
- ABC monitoring
- The 5 Es
- Decatastrophising
- Facts vs opinions
- Developing new beliefs

Module Four: Developing Your Pillars – Part Two

This module looks at the remaining four pillars: inner drive, future focus, relationships, and physical health. It offers advice on what might be holding you back in these areas and impacting your resilience, and offers practical tools and strategies for improving them.

- How to improve your inner drive pillar
- How to improve your future focus pillar
- How to develop your relationships pillar
- How to develop your physical health pillar
- Final tips for developing all your pillars

Aims of the training

By the end of this course, you will:

- What is meant by personal and organisational resilience and why they're so important.
- Common barriers to resilience.
- The five key pillars of resilience that you must develop, which are: emotional wellbeing, inner drive, future focus, relationships, and physical health.
- How to improve your self-awareness, so you can identify what's holding your resilience back.
- How to adopt various techniques and tools that will help you improve your resilience over time.