

COURSE CONTENT OVERVIEW

Resilience Training



0333 006 7000

www.highspeedtraining.co.uk

This Resilience Training course will help you to develop your personal resilience. It provides practical advice and tools to strengthen the personal attributes that support resilience and create a healthier mindset.

The course contains downloadable resources and templates that you can fill in as you complete the training, so that you can try out the different strategies for yourself.

Module 1: What is Resilience and Why Does it Matter?

This module provides an overview of what resilience is and why it is important. You will be encouraged to consider your own positive attributes and barriers to resilience.

- Personal resilience
- Why is resilience important?
- What are the positive attributes of resilient people?
- Examples of resilient people
- Common barriers to resilience
- Managing barriers
- How resilient do you feel?

Module 2: The Pillars of Resilience

This module looks at the pillars of resilience, which represent the core areas of focus when developing resilience. It also explains fixed and growth mindsets.

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

Module 3: Developing Your Pillars - Part 1

This module focuses on the first pillar of resilience - emotional wellbeing. It looks at the different barriers to emotional wellbeing and how to manage them in order to develop resilience.

- Barriers to emotional wellbeing
- Tools for improving your emotional wellbeing
- Thought records
- ABC monitoring
- Helpful thought patterns
- Stress container
- Facts versus opinions
- Developing new beliefs

Module 4: Developing Your Pillars - Part 2

This module explores ways to develop the remaining four pillars of resilience. It includes different tips and techniques to help you work on the areas of personal development you have identified.

- 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 of your pillars

Module 5: Course Resources

This short module acts as a reminder of the downloads and links mentioned throughout the course, should you wish to revisit them.

Aims of the training

By the end of this course, you will:

- Understand what is meant by resilience and how it can support personal and professional development.
- Recognise some common barriers to resilience and how to manage them.
- Recognise the five pillars of resilience, which are: emotional wellbeing, inner drive, future focus, relationships and physical health.
- Understand how to improve your self-awareness and create your own personal development plan.
- Know how to use a range of techniques and tools that will help you to develop your resilience.