COURSE CONTENT OVERVIEW

Resilience Training



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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 a range of practical strategies you can try out. You'll also be able to download a self-reflection table to assess your own pillars of resilience and track your progress over time.

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.

- What is resilience?
- Why is resilience important?
- Resilience at work: a shared responsibility
- Attributes of resilient people
- Everyday resilience
- Common barriers to resilience
- Managing barriers
- Accessing help and support

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?
- Where do the pillars come from?
- Emotional wellbeing
- Inner drive
- Future focus
- Relationships
- Physical health
- Fixed and growth mindsets
- Self-reflection: assessing your pillars

Module 3: Developing Your Pillars - Part 1

This module focuses on emotional wellbeing. It looks at the common thinking patterns that can hold us back and gives you practical tools to manage your thoughts and emotions more helpfully.

- Unhelpful thinking patterns
- Choosing your tools
- Thought records
- Facts vs opinions
- ABC monitoring
- Dealing with worst-case thinking
- Self-compassion
- Grounding exercise
- Stress container
- Recognising burnout
- Developing new beliefs

Module 4: Developing Your Pillars - Part 2

It gives you practical tools to set goals that matter, cope with setbacks and change, build supportive relationships and look after your physical health.

- Goal setting and your values
- Setting SMART goals
- Turning goals into action
- Learning from setbacks
- Focusing on what you can control
- A simple approach to problem-solving
- Adapting when plans change
- How to develop your relationships pillar
- Asking for help
- Setting healthy boundaries
- How to develop your physical health pillar
- Keeping your resilience strong

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.

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