

Problem Solving Training: Building Resiliency for Life and Work (RESIL, 1 jours)

Description

We all deal with difficult and stressful situations. Your ability to bounce back from these events depends on how resilient you are. Through self-reflection, instruction, practical exercises, and concrete strategies, this course teaches you how to become more resilient.

Tarifs

- Tarification: \$850/person
- Rabais de 10% lorsque vous inscrivez 3 personnes.

Plan de cours

Understanding Resilience	-----
What is Resilience?	
How Resilient Are You?	
Building Self-Awareness	
Essentials of Resilience	-----
Being Adaptable – Managing Changes, Setbacks and Failures	
Being Open and Vulnerable	
Practicing Self-Acceptance and Self-Compassion	
Having Perspective and Practicing Mental Agility	
Being Intentional and Purposeful	
Practicing Confidence and Courage	
Strategies for Building Resilience	-----
Managing Stress	
Regulating Your Emotions	
Finding Social Support	
Communicating Your Needs	
Practicing Mindfulness	
Expressing Gratitude	
Letting Things Go	