

Resilience and Me: e-learning training course



Resilience is the ability to adapt to adversity and maintain a positive outlook on life ...

Many of us struggle to find a happy work life balance, especially when faced with additional responsibilities, such as caring for loved ones, leave us with precious little time to plan for better days.

Touching on learned helplessness, gratitude, mindfulness, emotional literacy and personal growth, this course offers a few basic rules, which, when used regularly, help to remove excess stress from everyday situations. Learners gain a better understanding of what it means to be resilient and discover the many ways in which practicing simple resilience techniques can reduce anxiety and turn periods of change into an easier, more positive life experience.

The ability to approach life with a more positive outlook affects every aspect of the day. These tried and tested techniques have been shown to improve mood and overall wellbeing, resulting in increased mindfulness and fewer days lost to sickness and stress.

By the end of the course learners will be able to:

1. Define resilience and what it means to them
2. Describe the five characteristics of resilient people
3. Show how resilience and wellbeing can be developed
4. List the key barriers to developing their own resilience
5. Apply resilience building thoughts to daily life

Recommended to be used in conjunction with Wellbeing and Me.