

Resilience and Wellbeing - E-learning training course



Resilient people are comfortable with change and cope well with adversity. Wellbeing is characterized by good physical and emotional health.

A guide to emotional wellbeing which helps to identify areas for personal development and find better ways to cope with challenging situations.

Ideal learning for those who want to discover a healthy, happy and even more enjoyable future. Using tried and tested techniques which have been shown to result in fewer days lost to sickness and increased productivity and positivity.

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

- Define Resilience & Wellbeing and what it means to you and those you care about.
- Explain how Resilience & Wellbeing can be developed
- Identify key barriers to developing your own Resilience & Wellbeing
- Factor Resilience Building thoughts into your daily life
- Understand stress and develop coping techniques for all environments.
- Identify your own happiness essentials and be able to prioritise these important factors.