PROFESSIONAL DEVELOPMENT TRAINING

3158 3955

REQUEST QUOTE

0.5 DAY COURSE

PPA - Resilience and You

This half-day activity-based workshop provides participants with the opportunity to understand resilience, the effects it has on their life and productivity then gives them the chance to learn practical tools and strategies to implement on a daily basis.

People learn tools from the leading sources such as the World Health Organisation, Steven Covey (Circle of Influence) that they can use to proactively build their resilience and tools to employ in those tough times to maintain their reserves.

Delivered very much through a work lens, the workshop also includes neuroscience, and people learn to recognize their decision making, attitude and feeling about a situation as a result of chemical releases, and how to refresh and move forward more positively.

This is where science meets the workplace to build greater productivity.

This is a practical and fun day that is suitable for all audiences because of it's practical workshop approach that provides people with tools that they can apply on-the-job (and in other contexts) the very next day.

Learn More Now by Clicking Here

What You'll Gain:

Performing Under Pressure – Creating resilient outcome-oriented teams in trying times

This is the foundation of a productive, happy and stable workforce. As people learn to develop strategies to proactively monitor and build their resilience and understand how to reset their neuro-chemistry to re-energize and focus on positive outcomes.

Participants learn how to overcome energy blockers at work, and re-set team dynamics to ignite teamwork, collaboration and overall resilience and stability of the team.

This is a practical workplace-oriented course that is the building blocks for a productive, stable and higher performing workplace.

Outcomes

This course will provide practical skills and techniques to help people improve their workplace performance in the following areas:

- Proactively Building Resilience
- Maintaining Resilience
- Handling Change with a better mindset
- Having fun at work, while maintaining professionalism and productivity
- Displaying Courage
- Increased Collaboration
- Engage and Develop People

Modules

Lesson 1: Resilience and You

- Workplace Pressure
- Stress-Related Hazards
- Understanding Resilience
- Depleting and Replenishing Your Resilience
- Reflection

Lesson 2: Responding to Pressure

- It's a matter of choice
- Think Positive - Be Positive
- Positive Reframing
- Reflection

Lesson 3: Lifting the Energy of the Team

- The cauldron in your brain
- Having Fun at Work
- Energy Blockers
- Reflection

Talk to our expert team

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