

# Personal Resilience

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The resilience course aims to teach employees and employers the best methods and techniques to better equip themselves to cope with the pressures and stresses of life. Some of the things this course will examine are:

- What is stress and what causes it?
  - o Definition of personal resilience and stress along with group work on the causes of stress
- What are the links between our thinking patterns and our stress levels?
  - o Examine ways in which our own behaviours and personalities can cause us stress. We also undertake a quiz on personality types and examine how this can cause us to view situations in certain ways contributing to stress.
- Changing our ways of thinking
  - o How do we change our ways of thinking by first looking at the damaging thinking styles that can cause us to succumb to stress and look at ways we can change our way of thinking.
- Conquering stress
  - o To conquer stress we must first know what it is so we will examine in groups what the symptoms of stress actually are. We will also observe key areas which we can use to overcome stress and increase wellness

## **This course will not:**

- Enable you to diagnose people
- Make you a counsellor or enable you to counsel people

## **Learner requirements:** None

This course will incorporate a mix of slides and audience participation coupled with group work and exercises.

## **Group numbers:** 8 - 20

## **Time scale:** 2 hours

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## **Course Expectations:**

- Everything shared in this course is confidential
- All participants will show respect to others

**Contact details:** [Ua \ k cf \\_g@amh.org.uk](mailto:Ua \ k cf _g@amh.org.uk)

*Whilst this course does not contain any distressing content, the subject matter may provoke an emotional response for some participants. All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.*



# Supporting Healthy, Resilient Workplaces



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