

## Courses and instructors to develop your potential.

Live online or face to face.

### How To BE Resilient

This 3 hour Resilience session focusses on building individuals ability to cope with the challenges, problems and set-backs we face in life, and to become stronger because of them.

It relies on different skills and draws on various sources of help, including rational thinking skills, physical and emotional health, and an individuals relationship with those around them. The course will help delegates to understand the importance of personal resilience and having a positive focus at work, helping them to adapt their approach to work and become more optimistic using tools to effectively build their personal resilience

#### What will I learn?

##### LESSON 1

Why is Resilience Important?

##### LESSON 2

How to understand the impact of positive Vs. negative thinking on our approach to work.

##### LESSON 3

Understanding The 3 P's on our ability to bounce back.

#### Key features

- ✓ Face to face or Live Online
- ✓ Fully certified trainer
- ✓ Get key skills and practical knowledge
- ✓ This course is available for groups and 1-2-1 live online
- ✓ Course materials included
- ✓ Recognised course certificate

#### Interested?

- 📞 Call us: 01225 308979
- ✉ Email us: [info@go.courses](mailto:info@go.courses)

#### **LESSON 4**

How to overcome negative thinking.

#### **LESSON 5**

Understanding Adversity, Beliefs and Consequences.

#### **LESSON 6**

How to use the Ladder of Inference and Locus of Control to identify how our outlook informs our experiences.

#### **LESSON 7**

How to understand our own resilience levels using EI for some quick wins.

#### **LESSON 8**

How we can help others to be more resilient.