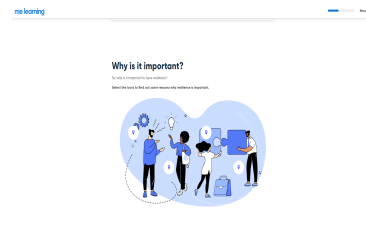


# Resilience

## Introduction

We face so many different challenges and obstacles in our day-to-day, some of which are harder to recover from than others. Each one brings a series of mental processes and behaviours that we need to cope with in order to continue our day as normal. The ability to cope with these is called our 'resilience'. This course will provide you with an understanding of resilience, the benefits of being resilient and the importance of having a resilient organisation, and how to build resilience.



## Audience

This course is suitable for anyone who is looking to gain more awareness and understanding of personal resilience, and for those who would like to learn more about organisational resilience.

## Objectives

- Understand what resilience is and why it's important?
- Know how?resilience?impacts perspective and success?
- Be aware of how to develop and improve their level of resilience?
- Understand the correlation between wellbeing and resilience?
- Understand the impact of?having different mindsets?
- Have an awareness of the four main attributes of resilience?
- Be aware of resilient realism?
- Understand how creativity can develop resilience?
- Understand organisational resilience and its characteristics?
- Recognise the impact that creating the right culture has on an organisation?
- Know how to foster resilience in their organisation?
- Understand the effect of a growth mindset?
- Be able to?develop their organisation's growth mindset?
- Know how to recognise and demonstrate organisational adaptability?
- Understand the impacts of micromanaging??
- Know how to?effectively?give praise and recognition to employees and colleagues?

## Modules

This course contains the following modules:

### Module name

Resilience - Personal Resilience

Resilience - Organisational Resilience

## Content