The Resilience Workshops consist of practical and interactive sessions providing delegates an in-depth understanding of their resilience profile and how to enhance their resilience further.

Workshops are designed to energise delegates and give them the skills to perform at their peak more consistently. The workshops will be delivered by members of a&dc’s Consultancy team, ensuring that the training will be delivered by experts in the area of building individual resilience.

Full Day Workshop

Enables delegates to understand the importance of resilience, what makes them resilient and have an in-depth understanding of the key skills and strategies to enhance their resilience.

Objectives

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

- Understand the concept of Resilience and why it is important
- Understand the Resilience Questionnaire and what it measures
- Understand each of the scales in the Resilience Questionnaire and how they impact on resilience
- Explore their own Resilience profile
- Identify their key Resilience strengths and development needs
- Understand how to use reflection as a way to enhance resilience
- Understand how to reframe their thinking
- Learn how to be optimistic
- Have the opportunity to set goals to enhance resilience

Find out more: www.adc.uk.com/resilience +44 (0)1483 752900