PROMOTES RESILIENCE

"Resilience is not about avoiding adversity, but rather learning how to thrive in the face of it." - Brene Brown

In this training course, you will learn to recognize resilience in yourself, your team, and your sector. You will discover strategies to appreciate and support individuals and teams in bouncing back from setbacks and challenges. We will discuss the importance of valuing resilience and avoiding unreasonable demands on employees, promoting a positive work environment. Join us and explore the role of resilience in successful leadership and how it can be cultivated within yourself and your organisation. Don't miss out on this opportunity to create a resilient team!

Key Course Content:
- Understanding the concept of resilience and its importance in the health and community services sector.
- Recognising the impact of setbacks and challenges on individuals and teams within the sector.
- Identifying strategies to support and promote resilience in employees.
- Valuing resilience as a crucial trait in leadership and team dynamics.
- Avoiding imposing unreasonable demands on employees that may hinder their resilience.
- Appreciating the role of self-care and mental well-being in building and maintaining resilience.
- Enhancing communication and collaboration in teams to foster a resilient work culture.
- Creating a supportive environment that encourages learning and growth from failures.

Target Audience:
The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.

Duration:
This course is available as a 1-day course or a truncated ½ -day course.

Delivery:
This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.

Group Size:
We recommend a group size of 4-10 people.

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