

BUILD YOUR RESILIENCE AT WORK COURSE OUTLINE

<p>COURSE CONCEPT</p>	<p>Life brings change. As the adage goes: <i>'The only consistent thing in life is change. We cannot avoid it, some of us fight it, and a few struggle to accept it.'</i></p> <p>Change is inevitable. It happens all the time, whether we are ready for it or not. It can be natural and voluntary, or imposed upon us such as through a serious illness, a life-altering accident, a relationship breakup, losing our jobs, and death of our loved ones. Becoming more resilient helps us get through difficult circumstances, empowers us to grow and improve our life.</p> <p>Change and adversity affects people differently. How we adapt and bounce back determines our resilience. Some people may feel threatened by change and respond with fear to avoid the change. Others see change as a challenge and creatively look for ways to turn that change into an opportunity. The way we <i>respond</i> to change is our choice. Being resilient does not mean that we will not experience difficulty or distress. The road to resilience is likely to involve considerable emotional distress.</p> <p>Increasing resilience takes time and intention. Resilience involves behaviours, thoughts, and actions that we can learn and develop.</p>
<p>AUDIENCE</p>	<p>For individuals who seek to bounce back in life and work from difficulty and challenges to cope with the pressure, keep functioning, and respond positively to stressors in the workplace and life.</p>
<p>AIMS</p>	<p>Empower you to cope and rise to the inevitable setbacks and experiences that work and life can bring, and come back to cope and grow personally and professionally.</p> <p>Implement strategies and build resilience to keep functioning – both physically and psychologically and harness the inner strength that helps you rebound from a setback or challenge.</p>
<p>COURSE CONTENT</p>	<p>The Importance of Resilience</p> <ul style="list-style-type: none"> • Five Pillars of Resilience • What Influences Resilience? • Skills and Attitudes of Resilience • The importance of resilience in the workplace and life • Resilience Building Tools • Guidelines towards building your resilience • And to top it off, a song about resilience

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LEARNING OUTCOMES	<p>Upon completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • Identify the five pillars of resilience to strengthen our life • Identify the factors that influence resilience • Apply the skills and attitudes of resilience • Recognise the importance of resilience in the workplace and life • Apply a range of resilience tools to build resilience
LEARNING ACTIVITIES	<p>The online course consists of the theory with a range of interactive activities that include:</p> <ul style="list-style-type: none"> • Experiential learning activities • Questionnaire • Insightful questions for self-awareness • Reflective practices • View videos with reflections on your learning • Positive affirmations <p>Writing an Action Plan to achieve your career goals</p>
DURATION	Self-paced learning, approximately 2 hours
ADDITIONAL PROFESSIONAL DEVELOPMENT	<p>If you have specific and challenging issues, we can further assist with optional coaching sessions in a one-to-one or in a small group session.</p> <p>Upon completion of your full course or individual course, we offer ongoing supervision in your practice through our Career Coaching and Training membership program.</p>
FURTHER INFORMATION	<p>careercoaching.training</p> <p>hello@careercoaching.training</p>