



Building Resilience Training Course

About This Course

Building Resilience Training Course



Do you want more self-confidence and belief and practical tools and strategies for building resilience?

Our Building Resilience Training Course will provide lots of tips and practical ideas to help build resilience in yourself and others. Find out what resilience is and the difference it can make your own levels of self confidence and belief.

This Building Resilience training course is delivered as a scheduled open online training course or in-house just for your business.

We deliver the course as a face to face course and a live virtual online course.



The Course Aim & Objectives

Here's what you will learn on our building resilience course



Course Aim

In this Building Resilience course we aim to provide you with a range of practical tools and ideas to build resilience in yourself and others.

The course looks at how to be more resilient in situations where you may feel you are currently overwhelmed.

Course Objectives

By attending this Building Resilience Training Course you will:

- Understand what resilience is and why we need it
- Know why our resilience levels may become reduced and how to avoid this from happening
- Understand the impact mindset has on resilience levels and how to develop a positive mindset
- Know how to build higher levels of personal resilience and resilience in others
- Be able to use a range of tools, skills and behaviours to further build and maintain resilience
- Understand how becoming more resilient will lower levels of stress

Note: This course is not designed to deal with or look at specific life events that have had an impact on a person. It is recommended that you seek professional help in these cases; however, the course will provide some tools on how you can self-manage these things.

The Course Content

Here's what we cover in our building resilience course



What is Resilience?

- Defining what is resilience is
- Why do we need to be more resilient?
- Attitude and behaviours associated with resilient people
- Resilience cycles

What Impacts Resilience

- What impacts on our levels of resilience?
- Our levels of stress and the impact on resilience
- The impact of mindset and how to keep it positive

Building Resilience

- Maintaining control of our emotions
- Understanding your 'tipping point'
- The impact of attitude on our behaviour and the impact of our behaviour on others
- Dealing with set-backs
- Using solution finding rather than problem finding
- Looking at the bigger picture and maintaining perspective
- Making and learning from mistakes

Confident & Positive Responses

- Dealing with and responding to negative and un-constructive feedback
- Dealing with conflict
- Providing feedback to others

Helping Others to be More Resilient

- How to provide support to others
- Helping them to understand how to be more resilient

Delivery Options

How we deliver our building resilience course



Open Training Course

Delivered online as a scheduled open training course

£215 + VAT / €239.00

Price per delegate.



In-House

Delivered at your business location or a location of your choice anywhere in the UK, Ireland, across Europe or online.

We can adapt the course content to meet your specific needs and those of your team.

Contact us for a quote.

Open Training Course

Attend our scheduled online training course



**We deliver our building resilience course
as an online scheduled open training
course.**

**Perfect for when there is just you, one of your
colleagues or a small group of you that would like to
attend the course.**

Our scheduled courses run on a regular basis and are
delivered via Zoom.

You will find them just as engaging and interactive as
our in-person training course.

See the course page on our website for more details and
the course schedule.



In-House Delivery

Train your team. Train your entire company



We can deliver our building resilience training course just for your team or organisation.

1

Start with an off-the shelf course

We'll use the content in the overview as a starting point

2

Understanding your needs

We'll work with you to agree what outcomes you want from the course

3

Making it yours

We will shape the content to ensure the course meets your requirements

4

Delivering the skills

We then deliver the course that we've agreed either in-person or online

Make it even more bespoke

We can completely redesign the course to meet your needs. Just tell us what you need, and we can put a no obligation proposal together for you.

Online Training Course

Fun, engaging and interactive – delivered online



Our building resilience training course can be delivered as a virtual online course.



The same great content reimagined for the online environment.

- ✓ Our open training courses are delivered using Zoom
- ✓ When delivered in-house, we can use the platform you are most comfortable with
- ✓ Re-designed sessions to allow for interactivity and engagement in the online environment
- ✓ The same fun, engaging and down to earth approach
- ✓ Join your course from anywhere

About Us

Here's a bit about us and what we do



We are Revolution Learning and Development

We are a leading learning and development consultancy based in the UK. We provide our services across the UK, Ireland and Europe.

- ✓ We deliver fun, engaging and down to earth training courses in-person and online
- ✓ Over 20 years of training experience
- ✓ Incredibly cost effective and a real focus on return on investment
- ✓ 92% of our clients rebook us for further training and development
- ✓ Flexible training and development solutions

Let's Talk

We're here to help



If you have any questions about our building resilience course or would like a quote for an in-house course, then just get in touch.

Call Us:

UK: 03333 444575

ROI: 015549779

Email Us:

hello@revolutionlearning.com

Visit Us:

UK: <https://www.revolutionlearning.co.uk>

ROI: <https://www.revolutionlearning.ie>

EU: <https://www.revolutionlearning.com>