

Building Resilience for Workplace Success



COURSE DURATION

8 HRS



MODE OF TRAINING

Classroom

This one-day course equips participants with the knowledge and tools to build resilience in the face of workplace challenges. Through self-assessment and interactive sessions, participants will gain a deeper understanding of personal resilience, its key pillars, and how to effectively apply them in professional settings. The course will provide a practical toolkit and guide participants in crafting a personalized resilience action plan for sustainable success.

Who Is This Course For

• This training is relevant to all working adults seeking to enhance their growth, build self-resilience, and achieve workplace success.

Course Objectives

By the end of this course, learners will be able to:

- Understand the concept of personal resilience and assess their current resilience level.
- Identify the key pillars of resilience and their importance in workplace success.
- Acquire a practical toolkit of resilience strategies and techniques.
- Integrate resilience-building practices into their daily routines and professional lives.
- Develop a personalized resilience plan to overcome challenges and achieve goals.



FULL FEE

\$400

(Subject to 9% GST)



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Website

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Course Content

Learning Unit 1: Understanding Resilience

- What is Resilience
- Self-Resilience Exercise
- Types of Resilience
- Characteristics of Strong Resilience
- Impacts of Strong Resilience – Personal and Workplace

Learning Unit 2: Building Self Resilience for Workplace Success

- 5 Pillars of Building Resilience
- Mindfulness
- Strengthening Resilience for Workplace Success

Learning Unit 3: Cultivating a Growth Mindset

- What is Mindset
- Importance of Mindset Mastery
- Mindset Identifier Exercise
- Growth vs Fixed Mindset
- Tips on Forging a Growth Mindset

Learning Unit 4: Cultivating Empathy

- What is Empathy
- 3 Types of Empathy
- Roles of Empathy in Resilience
- Developing Empathy Techniques
- How to act more Empathically Exercise

Learning Unit 5: Cultivating a Purpose Mindset

- What is Purpose Mindset
- Sense of Higher Purpose
- Role of Purpose Mindset in Resilience
- How to be more Purposeful

Learning Unit 6: Developing an Action Plan for Self-Resilience

- Introduction of a Proposed Action Plan
- Guided Approach in Developing an Action Plan

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