

Building Personal Resilience

Objectives

By the end of this course you will be able to:

- Explain what resilience means and the benefits it brings both personally and professionally
- Identify your own stress indicators and use practical techniques for minimising its negative impact
- Solve problems creatively, even when under pressure, using the 7-Step Problem Solving Technique
- Identify your preferred stress coping strategies with the Resilience Quotient Inventory (RQi)[™]
- Build positive beliefs, such as optimism and self-confidence with positive reframing and positive self-talk
- Apply techniques for changing your 'state' by changing your physiology

Background

Resilience can be defined as the ability to thrive, personally and professionally, even during times of high pressure, rapid change and adversity. Resilient people bounce back quickly after setbacks and they're good at minimising the adverse effects of stress. Fortunately, resilience is not a fixed characteristic; it's something you can learn and strengthen over time. In this workshop, we show you how, starting with key models of stress and resilience. You'll learn about the Flight or Fight Response; how to identify your own stress indicators and how to use practical techniques (such as mindfulness) to minimise its negative impact.

You'll also learn proactive techniques for building resilience, including problem-solving, emotion regulation and how to build positive beliefs, such as optimism and self-confidence. This course comes complete with the best measure of resilience available anywhere: The Resilience Quotient Inventory[™] (RQi[™]). The techniques we demonstrate are derived from professional coaching methodology, Positive Psychology and Emotional Intelligence (EI) theory.



Timing

This course runs over one day, from 09:30 to 16:30.

Who should attend?

This is for anyone who wants to thrive in the modern working world.

Facilitator

This course is run by Matthew Critchlow, PhD, Managing Director of Thrive Training.

What do people say?

"Thoroughly enjoyed the course and would recommend it to my colleagues ... The facilitator was great."

Crown Prosecution Service (CPS)

"The course was excellent ... The instructor clearly had a passion for the subject which was infectious." **UK Border Agency**

Preparation

Before the course, participants complete the Resilience Quotient questionnaire. Please see the [RQi Introduction and FAQs Document](#) for more information and instructions. Your RQi™ report contains personal scores and individualised guidance on how to build even greater resilience. You will receive your report at the training session.

Course Topics

Models for understanding and building resilience

- The meaning and benefits of personal resilience
- How to be resilient in a nutshell – The Seven Elements of Resilience®
- The concept of Flow and how to bring more Flow moments in to your life
- How to use mindfulness and other relaxation techniques

An introduction to coping strategies

- Solution-Focused Coping (or Managing Problems)
- Emotion-Focused Coping (or Managing Emotions)
- Identify your preferred coping style with the Resilience Quotient Inventory (RQi)™
- How to change your state by changing your physiology

Managing problems

- The 7-Step Problem Solving (or PRACTICE) technique

Managing emotions

- Emotion regulation using the ABC Model
- Dealing with biases
- How to manage stressful thoughts with positive reframing, the three blessings exercise and positive self-talk

Building positive beliefs

- The beliefs of resilient people, including optimism and self-confidence
- Building optimism with the Best Possible Self Diary

Further Learning

Delegates receive weekly top tips via email for 10 weeks after the course. They also have access to on-line learning resources via a secure area on our website.