

# Building Personal Resilience

## Learning Objectives

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

1. Explain the meaning and benefits of resilience
2. Describe the Six Elements of Resilience® model
3. Use a variety of techniques for building resilience, including task planning and prioritisation, positive reframing, constructive emotional expression, and the best possible selves exercise

## Background

Resilience is the ability to manage and adapt positively to significant sources of stress; it is bouncing back from adversity and growing as a person even after difficult or traumatic events. Fortunately, resilience is not a fixed characteristic; it is something you can learn and strengthen over time. In this workshop, we show you how. You will learn about the Six Elements of Resilience (as a framework for learning) and a range of stress-coping strategies. We demonstrate rapid techniques for building resilience, including task planning and prioritisation, positive reframing, and the importance of talking about how you feel constructively.

## Course topics

- What is resilience?
- How to be resilient in a nutshell: The Six Elements of Resilience®
- Simple techniques for task planning and prioritisation
- Techniques for managing emotions, including the art of positive reframing
- How to boost optimism with the best possible selves (BPS) exercise
- How to strengthen your social network

**Further learning:** Participants have access to e-learning resources and a free Resilience Quotient Inventory™ (a resilience psychometric) at [www.thisisthrive.com](http://www.thisisthrive.com).



### Timing

This webinar runs for 2 ½ hours.

### Who should attend?

Anyone who wants to build resilience.

### Facilitator

[Matthew Critchlow](#), MD of Thrive and visiting lecturer at the University of Westminster.

### What do people say?

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

Crown Prosecution Service