RESILIENCE TRAINING PROGRAMME


OUTCOMES OF DAY ONE

1) Understanding resilience and negative resilience.
2) Value clarity.
3) Mining your capacity for resourcefulness in a challenging situation.

OUTCOMES OF DAY TWO

1) Gaining particular skills to avoid psychological games.
2) Your wellspring as a personal resource.
3) Defining and clarifying your dream.
4) Understanding the impact of change.
5) Gaining particular skills in managing change.
6) Understanding and clarifying personal values.
7) Gaining an insight into one’s own resourcefulness and that of a team.

OUTCOMES OF DAY THREE

1) Gaining skills in disputing beliefs.
2) Gaining skills in being emotionally intelligent.
3) Developing inner strength.
4) Increasing self-efficacy via modeling of resilience.
5) Learning to be mindful and savour experiences.
6) Gaining skills in understanding the value of social support and how to achieve and maintain support.
OUTCOMES OF DAY FOUR

1) Gaining skills in creativity and out-of-the-box thinking and decision-making.
2) Developing inner strength.
3) Learning stress management skills.
4) Understanding the value of optimism and gaining skills to becoming optimistic.
5) Learning skills to enhance your happiness.
6) Developing skills to enhance thriving.
7) Developing an understanding of the personal and relationship value of altruism.