

## **RESILIENCE TRAINING PROGRAMME**

(Adopted from: Friedman, M. 2003. Resilience Training for South African Breweries. Unpublished Training Manual. Polokwane: Polokwane Brewery.)

### **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.