



Consulting and Training | Reach New Heights

Course Name

Emotional Resilience for Workplace Success

Sector Name

Interpersonal Skills and Self Development

Document Type

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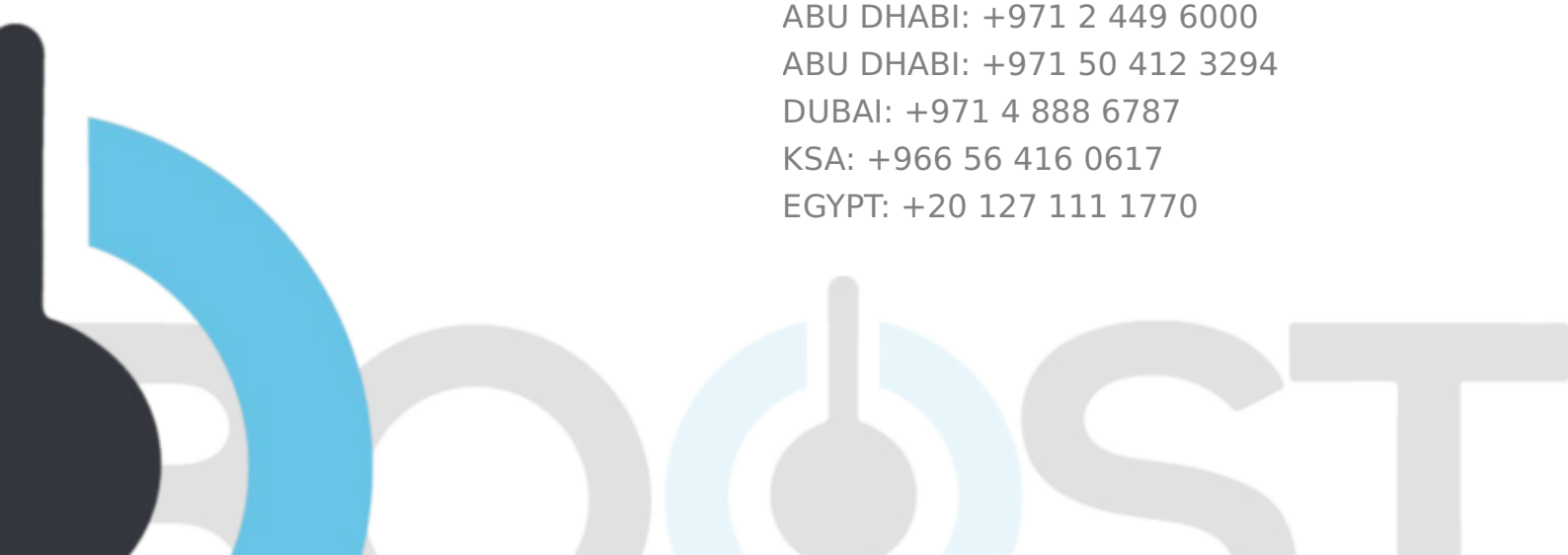
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Emotional Resilience for Workplace Success

Course Introduction

In a fast-paced work environment, emotional resilience is a critical skill that helps individuals bounce back from challenges, manage stress, and maintain productivity. This course provides practical tools and strategies to strengthen emotional resilience, improve emotional intelligence, and foster a positive mindset for workplace success.

Participants will learn how to navigate workplace stressors, handle change, and improve interpersonal relationships to achieve both personal and professional growth.

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Emotional Resilience for Workplace Success

Target Audience

- ✓ **Managers and Team Leaders** who need to support their teams through change and challenges.
- ✓ **HR Professionals** responsible for employee well-being and engagement.
- ✓ **Employees** seeking to improve their emotional resilience and adaptability.
- ✓ **Project Managers** handling high-pressure projects and tight deadlines.
- ✓ **Anyone** looking to enhance their ability to manage workplace stress and maintain productivity.

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Learning Objectives

- ✓ Understand the concept and importance of emotional resilience in the workplace.
- ✓ Identify personal stress triggers and develop strategies to manage them.
- ✓ Enhance emotional intelligence to improve workplace relationships.
- ✓ Develop coping mechanisms to handle challenges and setbacks.
- ✓ Build a positive mindset to increase productivity and job satisfaction.
- ✓ Apply practical techniques to maintain emotional well-being and resilience.

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Emotional Resilience for Workplace Success

Course Outline

✓ 01 Day One

Understanding Emotional Resilience and Its Impact on Success

- ✓ Defining emotional resilience and why it matters in the workplace.
- ✓ The science of resilience: How the brain reacts to stress and setbacks.
- ✓ Recognizing stress triggers and understanding personal responses.
- ✓ Self-awareness: The foundation of emotional resilience.
- ✓ Practical exercise: Stress Mapping – Identifying personal stressors.

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Course Outline

✓ 02 Day Two

Building Emotional Resilience and Managing Stress

- ✓ Developing emotional intelligence (EI) to improve resilience.
- ✓ The four components of EI are self-awareness, self-management, social awareness, and relationship management.
- ✓ Techniques for managing workplace stress and overcoming burnout.
- ✓ Creating boundaries to protect emotional well-being.
- ✓ Practical exercise: Role-Playing Stressful Situations – Building resilience through practice.

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Course Outline

✓ 03 Day Three

Fostering a Resilient Mindset for Long-Term Success

- ✓ Shifting from a reactive to a proactive mindset.
- ✓ Using positive psychology to build resilience.
- ✓ Strategies for managing change and overcoming setbacks.
- ✓ Enhancing workplace relationships through empathy and communication.
- ✓ Developing an action plan to maintain emotional resilience beyond the course.

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
July 5, 2027	July 7, 2027	3 days	3950.00 \$	Spain , Barcelona
Jan. 4, 2027	Jan. 6, 2027	3 days	3250.00 \$	UAE , Dubai
Sept. 14, 2026	Sept. 16, 2026	3 days	3250.00 \$	UAE , Dubai
March 14, 2027	March 16, 2027	3 days	3250.00 \$	KSA , Riyadh

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info@boostuae.com info@boostorg.com

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