



Consulting and Training | Reach New Heights

Course Name

Professional Resilience: Building Skills to Thrive at Work

Sector Name

Interpersonal Skills and Self Development

Document Type

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Professional Resilience: Building Skills to Thrive at Work

Course Introduction

The workplace in the modern era is an ever-changing and sometimes extremely stressful environment. Workers need to be resilient to cope and bounce back from challenging situations, most often taking these as opportunities for success.

Professional Resilience

Resilience is critical in the workplace as employees are able to better manage work-related stress, develop competitiveness in the job market, and handle any challenges with an open mind. This training course is designed to help participants establish a positive approach to work and outlook on life, which in turn enables better problem-solving and helps to maintain motivation.

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Professional Resilience: Building Skills to Thrive at Work

Target Audience

This training course is beneficial for professionals seeking to develop their resiliency at work.

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Professional Resilience: Building Skills to Thrive at Work

Learning Objectives

- ✓ Gain a comprehensive understanding of what resilience is and why it is important.
- ✓ Identify the characteristics of resilient people.
- ✓ Recognize strategies to develop personal resilience.
- ✓ Learn and apply ways to develop resilience at work.
- ✓ Design a personal resilience plan.

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Course Outline

✓ 01 Day One

What resilience is and why it matters

- ✓ Resilience questionnaire, for participants to start assessing what areas of resilience they may need to work on.
- ✓ Defining resilience
- ✓ The importance of resilience

The characteristics of resilient people

- ✓ Resilience myths
- ✓ The six domains of resilience
- ✓ Types of resilience

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Course Outline

✓ 02 Day Two

Strategies to develop resilience

- ✓ Unhelpful thinking habits and how to challenge them
- ✓ Core beliefs and how they affect resilience
- ✓ Setting SMART goals to help you develop a better sense of vision and direction for your future
- ✓ Assessing your strengths and weaknesses, as well as opportunities and threats in the environment
- ✓ Recognizing automatic responses to stress and strategies to cope with stress
- ✓ Building a support network
- ✓ Developing a resilient body
- ✓ Positive self-talk
- ✓ Self-efficacy
- ✓ Building adaptability

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Course Outline

✓ **03 Day Three**

Developing resilience at work

- ✓ The importance of resilience in the workplace
- ✓ The layers of organizational resilience
- ✓ How to develop organizational resilience

Developing a personal resilience plan

- ✓ Seven steps for developing a personal resilience plan
- ✓ Resilience plan template

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Aug. 31, 2026	Sept. 2, 2026	3 days	3950.00 \$	Spain , Barcelona
Jan. 17, 2027	Jan. 19, 2027	3 days	3250.00 \$	KSA , Riyadh
April 26, 2027	April 28, 2027	3 days	3250.00 \$	UAE , Dubai
Nov. 16, 2026	Nov. 18, 2026	3 days	3250.00 \$	UAE , Abu Dhabi

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