

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.



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