

Building Personal Resilience

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

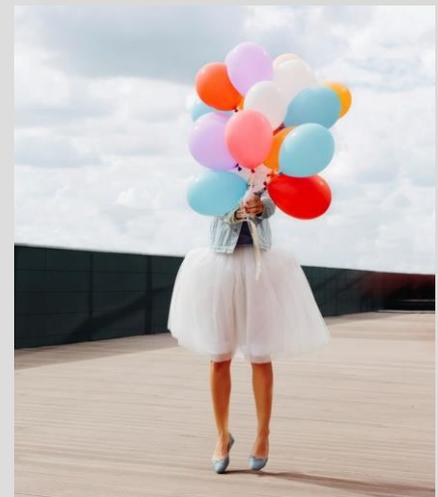
Background

Resilience is the ability to manage and adapt positively to significant sources of stress; it's bouncing back from adversity and growing as a person even after difficult or traumatic events. Fortunately, resilience is not a fixed characteristic; it's something you can learn and strengthen over time. In this workshop, we show you how. You'll learn about the Six Elements of Resilience© (as a framework for learning and practice) and the full range of stress-coping strategies. We demonstrate rapid techniques for building resilience, including task planning and prioritisation, emotion regulation and how to build positive beliefs, such as optimism.

Course topics

- What is resilience?
- How to be resilient in a nutshell: **The Six Elements of Resilience©**
- Rapid resilience techniques:
 - Task planning and prioritisation
 - Constructive emotional expression
 - Positive reframing
 - Gratitude journaling
- The best possible selves (BPS) exercise for boosting optimism
- Building your social network

Further learning: Delegates have access to e-learning resources and a free Resilience Quotient Inventory™ (a resilience psychometric) at www.thisisthrive.com.



Timing

This workshop runs from 09:30 - 13:00.

Who should attend?

Those who'd like to define their goals and use the latest behavioural science to turn goals into reality.

Facilitator

Matthew Critchlow, PhD, Director 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 (CPS)