

Developing Personal Resilience



LM133
Leadership &
Management

COURSE TITLE

Developing Personal Resilience

COURSE DATE/ VENUE

10th – 14th Feb 25'

Madrid, Spain

COURSE REFERENCE

LM133

COURSE DURATION

05 Days

DISCIPLINE

Leadership & Management

COURSE INTRODUCTION

This 5-day course is designed to empower the participant with the skills and mindset necessary to navigate life's challenges, bounce back from setbacks, and thrive in the face of adversity. In an ever-changing world, personal resilience is a cornerstone of success and well-being, and this course is the opportunity to cultivate and strengthen this essential trait.

COURSE OBJECTIVE

Upon successful completion of this course, the delegates will be able to:

- ✓ Understand Resilience: Gain insights into the concept of resilience, its importance, and the characteristics that define resilient individuals.
- ✓ Emotional Intelligence: Develop emotional intelligence to better understand and manage your emotions, fostering a resilient mindset.

- ✓ Positive Psychology and Mindfulness: Explore the principles of positive psychology and mindfulness, equipping yourself with tools to foster a positive outlook and stay present in the moment.
- ✓ Resilient Communication: Enhance communication skills, conflict resolution, and problem-solving abilities, crucial components of personal and professional resilience.
- ✓ Continuous Improvement: Cultivate a growth mindset, set achievable goals, and learn strategies for overcoming setbacks and failures.

COURSE AUDIENCE

- ✓ Professionals navigating high-stress environments
- ✓ Individuals seeking personal development and growth
- ✓ Team leaders and managers enhancing their leadership skills
- ✓ Anyone facing life transitions or challenges

COURSE CONTENT

Day 1: Understanding Resilience

- ✓ Introduction to Personal Resilience
- ✓ Importance of Resilience in Personal and Professional Life
- ✓ Characteristics of Resilient Individuals
- ✓ Common Challenges and Stressors
- ✓ The Science of Stress and Coping Mechanisms
- ✓ Self-Assessment: Identifying Personal Resilience Levels

Day 2: Building Emotional Intelligence

- ✓ Exploring Emotional Intelligence (EI)
- ✓ Recognizing and Managing Emotions

- ✓ Empathy and Interpersonal Relationships
- ✓ Emotional Regulation Techniques
- ✓ Case Studies on Emotional Intelligence
- ✓ Practical Exercises: Enhancing Emotional Intelligence

Day 3: Positive Psychology and Mindfulness

- ✓ Introduction to Positive Psychology
- ✓ Positive Thinking and Optimism
- ✓ Mindfulness Principles and Techniques
- ✓ Mindful Breathing and Meditation Practices
- ✓ Integrating Mindfulness into Daily Life
- ✓ Group Mindfulness Exercise

Day 4: Resilient Communication and Problem Solving

- ✓ Effective Communication for Resilience
- ✓ Conflict Resolution Strategies
- ✓ Problem-Solving Skills and Decision-Making
- ✓ Role-Playing: Resilient Communication Scenarios
- ✓ Collaborative Problem-Solving Exercise
- ✓ Group Discussions on Real-life Challenges

Day 5: Personal Growth and Continuous Improvement

- ✓ Goal Setting and Resilience
- ✓ Developing a Growth Mindset

- ✓ Overcoming Setbacks and Failures
- ✓ Creating a Personal Resilience Plan
- ✓ Building a Support System

COURSE CERTIFICATE

TRAINIT ACADEMY will award an internationally recognized certificate(s) for each delegate on completion of training.

COURSE FEES

£5,500 per Delegate. This rate includes participant's manual, Hand-Outs, buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

COURSE METHODOLOGY

The training course will be highly participatory and the course leader will present, guide and facilitate learning, using a range of methods including formal presentation, discussions, sector-specific case studies and exercises. Above all, the course leader will make extensive use of real-life case examples in which he has been personally involved. You will also be encouraged to raise your own questions and to share in the development of the right answers using your own analysis and experiences. Tests of multiple-choice type will be made available on daily basis to examine the effectiveness of delivering the course.

- 30% Lectures
- 30% Workshops and work presentation
- 20% Case studies & Practical Exercises
- 10% Role Play
- 10% Videos, Software or Simulators (as applicable) & General Discussions