



Professional Resilience Training for Health, Community and Education Professionals

We offer a range of training packages from half-a-day, through to our more extensive one day training.

All our training programs can be tailored to suit the particular organisation, setting, time constraints and needs of the workplace – shorter sessions can also be delivered upon request. Please see below for further details.

Professional Resilience Half Day Training Outline (3.5hrs – 4hrs)

If you and your staff would like to increase your knowledge and skills in developing personal and professional resilience, then our half day program is ideal for you.

The half day training program provides participants with information on:

- what professional resilience is, its benefits and its usefulness in the workplace
- assessing and exploring your own individual personal resilience level
- exploring various evidence-based resilience models and frameworks, including the power of positive psychology, optimism and building on character strengths
- practical tips and strategies that can be implemented into practice immediately including:
 - the exploration of self-awareness and self-talk; the importance of focused attention; acceptance and gratitude; positive reframing; finding purpose and meaning, as well the power of compassion
 - building connections with others and exploring social support networks
- managing stress and challenging situations, including coaching yourself and practicing mindfulness
- understanding the difference between reacting and responding, and learning to manage one's emotions effectively, including building self-efficacy and developing a sense of personal control
- a number of real world case studies are provided throughout the day to help you put into practice

In this half day training program, we provide you with background information on resilience, including various evidence-based models and frameworks to help you develop your personal and professional resilience.

We provide you with practical strategies and provide many opportunities in the half day program for reflection and review, with non-threatening group activities incorporated throughout the session.

One Day Professional Resilience Training Outline (9am – 4pm)

If you and your staff would like to increase your confidence, knowledge and skills in developing your own resilience and would like to **support your peers and staff to do the same**, then our one day program is ideal for you.

The one day training program provides participants with information on:

- what professional resilience is, its benefits and its usefulness in the workplace
- assessing and exploring your own individual personal resilience level
- exploring various evidence-based resilience models and frameworks, including the power of positive psychology, optimism and building on character strengths
- practical tips and strategies that can be implemented into practice immediately including:
 - the exploration of self-awareness and self-talk; the importance of focused attention; acceptance and gratitude; positive reframing; finding purpose and meaning, as well the power of compassion
 - building connections with others and exploring social support networks
- dealing with workplace pressures including uncertainty and change in the workforce as well as the importance of developing emotional intelligence and leading from a growth mindset
- managing stress and challenging situations, including coaching yourself and practicing mindfulness
- understanding the difference between reacting and responding, and learning to manage one's emotions effectively, including building self-efficacy and developing a sense of personal control
- strengthening resilience in others and providing support to the team, including noticing the warning signs, promoting a healthy environment and how to build resilient teams and workplaces
- a number of real world case studies are provided throughout the day to help you put into practice

In this one day program, we provide you with detailed information on resilience, including various evidence-based models and frameworks to help you develop and enhance your personal and professional resilience. We furthermore explore a number of workplace challenges and pressures, as well as provide you with detailed information and support to help you (as a staff leader/Manager), strengthen the professional resilience in others – your team members/staff and peers.

We provide you with practical strategies and provide many opportunities in the one day program for reflection and review, with non-threatening group activities incorporated throughout the day.

Interested and would like a quote?

For a free, no obligation quote on one, or all our training programs, please [contact us](#).

Two Day Training?

For the moment, the only training we offer over two days is our Smoking Cessation training and training in Motivational Interviewing. If you would like professional resilience training presented over two days, [please get in touch with us](#).

Copyright ©2019 by Health & Wellbeing Training Consultants Pty Ltd. No part of this document may be reproduced (in any form or by any means) without permission from Health & Wellbeing Training Consultants. If you would like permission, please contact us on (03) 8502 0006, or by email at contact@thinkhealthwellbeing.com.au.