

The Road to Resilience

Training and Development



This one day resilience building workshop is based on NLP (Neuro-Linguistic Programming) and CBT (Cognitive Behavioural Therapy), techniques. It is suitable for all staff and will equip participants with the skills and techniques enabling them to build a more resilient approach to dealing with challenging situations. It is highly interactive and will cover the following aims:

- To explore resilience and what it means to different individuals
- To explore the impact of attitudes and behaviours on resilience
- To introduce a range of skills which increase the options we have when faced with challenges
- To explore the value of knowing where to focus our time and energy
- To develop a personal action plan to practice a more resilient approach to life and work

“Resilience is about adapting well to difficult situations. My approach to it is something I have to keep practicing as those difficult situations keep coming along!”

Community First GOLD Members will receive an additional 10% off the cost all Wellness Works training courses.

For more information contact: Cheryl Cooney
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Each one day training course for managers costs **£650 per day for up to 12 delegates** when delivered in-house.