



Personal resilience

- Suitable for: Any employee who wants or needs to improve their personal resilience and mental wellbeing, to help them work to their full potential

Part of the
Mental health
training series



Duration, delivery and cost

We can deliver these group courses face-to-face or online, to suit your needs.

Online delivery:

Group size: 8 to 12 participants

Duration: 4 hours (over two sessions)

Online cost: £799 + VAT

Face-to-face delivery:

Group size: 8 to 12 participants

Duration: Half day

Face-to-face cost: £1,149 + VAT

Developing your employees' personal resilience could significantly reduce the impact of mental health on your workforce and improve business performance.

Resilient employees cope better with adversity and are more likely to continue performing well when faced with challenges, as well as being better able to maintain their mental wellbeing.

Does your:

- Organisation feel it could benefit from a more resilient workforce?
- Organisation want to support employee mental wellbeing?
- Workforce know how to maximise their personal resilience in order to work to their full potential in the workplace?
- Business face challenges and you want to support your workforce to manage more resiliently?

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An interactive course with lots of discussion of different topics. I learnt about resilience and where I maybe fall foul and how I can improve my own resilience. The trainer was engaging and knowledgeable.

Cathy, NHS Digital
January 2019

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Course summary

This course provides a safe and open environment to discuss personal resilience. We explore different factors influencing resilience and ask delegates to self reflect on how these aid them individually. We also consider the relationship between stress, wellbeing and performance, as well as the drivers for self-resilience and the attributes of a resilient person.

The session provides delegates with the opportunity to create an individual plan for building and maintaining their own personal resilience. A range of tools, strategies and techniques are explored and practised so delegates are fully equipped to use this following the training, at work and in their personal lives. All delegates will receive a comprehensive PDF workbook and certificate of attendance (if required).



Key topics

- What is resilience and why it is important
- Recognising the relationship between pressure and stress and symptoms of stress
- Reflecting on what influences their wellbeing at work
- Exploring the key ingredients for resilience
- Determining areas for development in their own personal resilience
- Challenging negative thinking patterns
- Analysing the benefits of social support and how to strengthen their own network
- Considering their own strengths and motivations
- Identifying five ways to improve their own wellbeing.

Each delegate will get:

- An understanding of their own resilience and how it can impact wellbeing, stress and performance
- A range of evidence-based techniques and approaches for building resilience
- A comprehensive in-course PDF workbook
- Access to their own I-resilience report with specific individualised tips and strategies.

Your organisation gets:

A summary of feedback in order to show its impact and to identify any further learning needs.

Design and methodology

The course has been developed by qualified training designers in line with the Training Accreditation Programme methodology. This is an industry recognised standard with the aim of ensuring all training activity is structured effectively and learning is embedded.

Training is learner-centred and skills-based with the emphasis on engaging learners in the experience. Clear objectives are set and measured through discussion and individual activities. The modular structure allows delegates to build an individual action plan relevant to their own situation.

Complementary training courses:

- Mental wellbeing in the workplace
- Resilience for managers
- Mental Health First Aid (MHFA)
- Suicide First Aid

About us

We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to support colleagues, and to manage their own wellbeing. All of our training is delivered by a team of experienced consultants who have extensive knowledge and a practical understanding of workplace issues.

Get in touch

If you would like to book, need more information or a tailored quotation, we can help you at:

-  0300 456 8113
-  training@remploy.co.uk
-  www.remploy.co.uk/training

