Program Outline
Resilience

Resilience and the Resilience Profile Explained

- Welcome and Scene Setting
- Exploring Resilience
- Resilience Profile feedback

Managing Pressure Through Physical Resilience

- Understanding the Resilience Skill Sets
- Creating meaning and purpose
- Exploring pressure and stress
- Building physical resilience
- Assessing stress hardiness
- Framing and Reframing

Mental Resilience

- Understanding the power of thought
- Knowing your ABC's
- Controlling emotions
- Responding to change
- Conversations with yourself

Applying The Tools And Techniques Of Resilience

- Self-esteem and optimism
- Empathy
- Tools and techniques that enhance resilience
- Development Plan

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