

Resilience Training



Develop personal resilience, learn about bouncing back and turning adversities into opportunities.

This course is for you if you want help identifying personal strengths and are interested in learning how to become more resilient in dealing with life's challenges.

The course covers these issues:

- How to create resilience
- How to set goals
- How to create an action plan

It focuses on developing personal effectiveness:

- Self Awareness
- Self confidence
- Self reliance
- Self actualisation
- Self control
- Flexibility
- Optimism & Resilience

This is a 1 day course.

And also focuses on how to develop interpersonal effectiveness:

- How to relate to others
- Empathy
- Relationship skills
- Assertiveness
- Optimism and resilience (developing a positive mind-set)
- Developing a Can-do attitude



Bridge of
HOPE

For training queries contact

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