

RESILIENCE AND STRESS MANAGEMENT



Personal Development Course

LEARNING OUTCOMES

- Understand how people react differently to stress and adapt your approach effectively.
- Develop practical tools and techniques to strengthen mental toughness, recover quickly from setbacks, and maintain focus under pressure.
- Learn how nurturing emotional wellbeing and maintaining supportive relationships can buffer stress and enhance overall resilience.
- Increase awareness of your own strengths, triggers, and coping mechanisms, enabling you to manage stress more effectively and respond positively to challenges.
- Identify sources of stress, learn practical stress management strategies, and develop habits that prevent burnout and sustain long-term wellbeing.
- Apply resilience skills in daily life to improve decision-making, problem-solving, and performance.

COURSE OVERVIEW

This course helps individuals build resilience and mental toughness to bounce back when life's challenges arise. It focuses on emotional wellbeing, healthy relationships, and physical health, while exploring how different people react to situations. Participants will develop self-confidence, coping skills, and the ability to manage stress effectively. It is ideal for anyone seeking to improve personal or professional resilience, from high-pressure roles like frontline or humanitarian workers to leaders looking to strengthen their teams.

TOPICS COVERED IN THIS COURSE

Understanding Resilience

Explore what resilience truly means, the five key pillars that support it, and common barriers that can prevent us from bouncing back from challenges.

Developing Self-Awareness

Gain insight into your own behaviours, understand how others may perceive you, and learn techniques to become more self-aware in personal and professional settings.

Looking After Yourself

Learn strategies to reduce stress, improve nutrition, balance work and life, exercise effectively, and build self-confidence to support overall wellbeing.

Planning and Time Management

Identify what holds you back from daily goals, assess how your personality affects your planning, and learn strategies to overcome procrastination and boost productivity.

Understanding Others

Understand why people react differently, explore the NLP communication model, and develop skills to manage emotions while remaining calm under pressure.

Emotional Regulation

Develop techniques to handle stressful situations, manage your emotional responses, and maintain focus and composure in challenging circumstances.

Applying Resilience Skills

Learn how to integrate the day's lessons into real-life scenarios, enhancing your ability to cope with challenges, support others, and perform consistently under pressure.

Personal Development Planning

Create a tailored action plan to build mental toughness, strengthen resilience, and apply the strategies and models discussed throughout the course.