

Building resilience

This course enables you to build the skills, mindset, and strategies needed to stay resilient in the face of stress, pressure, and adversity—both in your personal and professional life.

Course content

Throughout this course, you will learn the meaning of resilience, recognising signs of low resilience, and how to develop a more resilient mindset. The course covers:

- Introduction to resilience
- Understanding stress and pressure
- Core skills for resilience
- The 7Cs of resilience
- Putting resilience into practice
- Reflection and action planning.

Learning objectives

- Define resilience and explain its importance in managing personal and professional challenges
- Recognise the impact of stress and pressure, and understand their relationship to resilience
- Develop core resilience skills, including self-awareness, emotional regulation, and adaptability
- Apply the 7Cs framework of resilience to enhance coping strategies and decision-making.



Approximately 45 mins (self paced)



For all staff



Enquire for prices



Optional extra: Post eLearning workshop

Enquire for prices