

Resilience Workshop

Personal & Professional Health & Well-Being

Course Duration One day

Course Cost £80 per person to include:
All course materials, refreshments and a light lunch

Target Audience The course is suitable for anyone who may wish to learn how to recognise and develop their own resilience and the resilience of the people they are working with. This includes all sorts of environments, clinical and non-clinical.

Course Aims This workshop aims to provide you with the tools and techniques to help develop resilience for your journey through life. Resilience is the ability to tolerate, cope with and overcome adverse events or stress, and to learn, grow and develop as a result of these.

Course Information

Some aspects of resilience are personality dependant whilst others are skills determined. Through reflection and learning, these skills can be enhanced to benefit your life; personally and professionally. The course will provide the opportunity to explore and consider:

- Understanding about resilience theory
- Techniques on how to tap into your own inner resources and how to build on these
- How to mindfully respond to situations, rather than react

Course Benefits

- Acknowledge your own vulnerabilities and mistakes and learn to view these as precious learning experiences
- Learn how to apply techniques to help people you are working with
- Develop a sense of meaning in your story and those you are working with

For course dates and to book visit:

www.rowanshospice.co.uk/training

Venue

Rowans Hospice Seminar Room
Purbrook Heath Road
Purbrook
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