

RESILIENCE TRAINING COURSE

HOW TO BOUNCE BACK AND GROW FROM EXPERIENCES

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TARGET AUDIENCE

All Occupational Categories

DURATION	CERTIFICATE	MINIMUM OF DELEGATES
2 DAYS	ATTENDANCE	8

ABOUT THIS COURSE:

We all face change, stress, loss, rejection, failure, and setbacks. Do you have the skills and capacity to recover, bounce back and grow from these experiences?

WHO SHOULD ATTEND? ANYONE WHO HAS EXPERIENCED:

- feeling overwhelmed, stressed or like a pressure cooker about to explode.
- difficulty bouncing back from life's knocks.
- feeling unheard, invisible, or frustrated
- difficulty communicating their ideas, suggestions, or point of view.
- feeling purposeless, unmotivated, or lost.

MODULES

1. Discover the thinking patterns that might be holding you back.
2. Understand your emotions better.
3. Learn practical stress management skills.
4. Learn how to communicate to improve interpersonal relationships and resolve conflict.
5. Increase your sense of personal control.
6. Increase your feelings of hope and optimism.
7. Learn how to cultivate a greater sense of meaning and fulfilment in your life.
8. Gain practical tools and strategies to build your resilience.



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shaped around you.