

Open Resilience Programme: Unlock Your Full Potential

09:00 - 11:00 | 17/01/2025 | Online

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In today's fast-paced, ever-changing world, resilience is more important than ever. It's not just about surviving, coping and bouncing back. It's knowing how to bounce forward and thrive. Whether you're facing personal challenges, professional pressures, or simply striving for personal growth, this programme will equip you with the skills to go from good to great.

This resilience training offers simple, actionable skills that participants can immediately implement as soon as they leave the training room. Real-world application, not information overload.

It includes:



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- Facilitator led training
- 8 bite-sized modules
- Delivered remotely over 13 hours
- Simple, actionable skills that participants can immediately implement
- 62+ resilience skills which can be used in multiple combinations and scenarios
- A trusted process that will seamlessly fit into your daily life and can be practiced at your own pace
- The skills used are infinitely scalable and shareable, meaning the gift of resilience can be shared in home settings too
- 1 App with instant access to an AI tool, over 200+ skills reminder videos, summaries, activities and podcasts
- Individual strengths profile
- Optional email reminder programme with 40 weekly emails post programme

It covers:

- Lowering stress levels in yourself and others
- How thinking habits can distort experiences & how to change them
- How to avoid bias & turn obstacles into opportunities
- Discovering & playing to individual strengths
- Energy management for optimal performance
- Managing and leading change
- Building and maintaining trusting relationships
- How to promote outcome driven behaviour
- Creating environments where innovation thrives

Session dates:

- Friday 17th January - 09:00 to 11:00
- Friday 24th January - 09:00 to 11:00
- Friday 31st January - 09:00 to 11:00
- Friday 7th February - 09:00 to 11:00
- Friday 14th February - 09:00 to 11:00
- Friday 28th February - 09:00 to 11:00
- Friday 7th March - 09:00 to 11:00

- Friday 14th March - 09:00 to 11:00

Move towards the best version of yourself and increase your mental resilience, health and productivity so you can make your impact on the world.

- A proven way to build your resilience
- Skills based
- Practical
- 100% evidence based
- Life-changing

Cost: £700 a person