
Resilience Training

For more information, visit our [Resilience Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 3 sections

- 1 Introduction to Resilience
- 2 The 5 Pillars of Resilience
- 3 Resilience Toolkit

LEARNING OUTCOMES

- ✓ Learn more about the 5 Pillars of Resilience
- ✓ Learn how to build resilience and deal with challenging situations
- ✓ Maintain good personal wellbeing in the face of adversity

ABOUT THIS COURSE

A study conducted by **CV-Library**, surveying over 300 UK employers, found that 57% of employers see resilience as a key skill for candidates.

PositivePsychology.com defines resilience as *“Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.”*

Effectively, resilience is the ability to be able to bounce back from difficult situations.

Our **IOSH Approved Online Resilience Training course** will educate your staff on what resilience is, the importance of this skill, how it applies to the workplace, and it touches upon common barriers to building resilience and how they can be overcome. It also focuses on the 5 Pillars of Resilience:

- Emotional Wellbeing
- Future Focus
- Inner Focus
- Physical Health
- Healthy Relationships

Resilience isn't necessarily something a person is born with. Anyone can develop resilience, as long as they have the tools and are willing to put in some time and commitment. Strengthening your resilience is just like strengthening your muscles - you need to work on it consciously and regularly and you'll reap the rewards.