

# Building Personal Resilience

## Objectives

By the end of this course you will be able to:

1. Describe the Six Elements of Resilience model
2. Identify your own stress indicators and use practical techniques to minimise its negative impact
3. Identify your personal resilience strengths and development areas with the RQi™ resilience psychometric
4. Manage stressful thoughts and build a positive mindset with Positive Reframing and the Three Blessing exercise
5. Boost your sense of purpose with Job Crafting and motivating goal setting techniques

## Background

Resilience is the ability to manage and adapt positively to significant sources of stress, it's bouncing back from adversity and growing as a person, even after difficult or traumatic experiences. Evidence shows that resilience is not a fixed characteristic; it's something you can learn and strengthen over time. In this workshop, we show you how.

You'll learn techniques for managing short term stress as well as proactive techniques for building resilience, including emotion regulation. This course comes complete with the most comprehensive measure of resilience available anywhere: The Resilience Quotient Inventory™ (RQi™). Participants complete the RQi before the course and receive their report on the day, with personalised recommendations for building even greater resilience.

The techniques we demonstrate are derived from positive psychology, health psychology and behavioural science.



### Timing and delivery

This course runs over 3 hours with a 15 min break.

### Who should attend?

Anyone who wants to manage high demands, rapid change and thrive in the workplace.

### Facilitator

Matthew Critchlow, PhD, Managing Director of Kirros and Visiting Lecturer at the University of Westminster.

### What do people say?

*"Thoroughly enjoyed the course and would recommend it to my colleagues ... The facilitator was great."*

**Crown Prosecution Service (CPS)**

*"The course was excellent ... The instructor clearly had a passion for the subject which was infectious."* **UK Border Force**

## Preparation

Before the course, participants complete the Resilience Quotient questionnaire. Please see the [RQi Introduction and FAQs Document](#) for more information and guidance on how to complete the questionnaire. Your RQi™ report contains personal scores and individualised guidance on how to build even greater resilience. You will receive your report during the training session.

## Course Topics

### Models of Stress and Resilience

- The meaning and benefits of personal resilience
- How to be resilient in a nutshell – The Six Elements of Resilience®
- The physiology of stress
- How to identify your own stress indicators

### Coping Strategies

- Describe and apply a range of stress coping strategies, including both solution-focused and emotion-focused strategies
- Identify your own resilience strengths and development areas with the Resilience Quotient Inventory (RQi)™

### Purpose & Fulfilment

- Apply the art of Job Crafting to boost work satisfaction
- How to set motivating goals

### Managing Emotions

- How to change your state by changing your physiology
- The Negativity Bias and how to apply Positive Reframing

## Further Learning

The RQi™ Report comes complete with a suite of downloadable worksheets and e-learning modules. Delegates also receive weekly top tips via email for 10 weeks after the course. They also have access to on-line learning resources via our e-learning platform.