

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 symptoms and use practical techniques to minimise their negative impact
3. Identify your personal resilience strengths and development areas with the Resilience Quotient Inventory™ (RQi™)
4. Manage stressful thoughts and build a positive mindset with positive reframing, positive self-talk and the ABCD technique
5. Describe the difference between healthy and unhealthy negative emotions
6. Boost your sense of purpose with Job Crafting and motivating goal setting techniques

Background

Resilience can be defined as the ability to manage and adapt positively to significant sources of stress, to bounce back from adversity and grow as a person, even after difficult or traumatic experiences. Evidence also 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. After this course you'll be able to identify your own stress indicators; and apply a variety of techniques to minimise its negative impact.

You'll also learn proactive techniques for building resilience, including problem-solving, emotion regulation and how to build positive beliefs, such as optimism and personal control. This course comes complete with the best psychometric measure of resilience available anywhere: The Resilience Quotient Inventory™ (RQi™).



Timing and delivery

This course runs over one day, from 09:30 to 16:30 or can be delivered as 3 half-day sessions. Can be delivered both online and face-to-face.

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

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

Please note: Topics depend in whether you attend the ½- or 1-day course

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 you own stress indicators and manage symptoms

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
- The difference between healthy and unhealthy negative emotions
- Emotion regulation using the ABCD Model

Further Learning

Delegates 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 at

www.myrqi.com.