

BUILDING WORKPLACE RESILIENCE

Developing resilience is critical for all individuals as work tasks, projects and problems become increasingly complex due to the constant and inevitable changes in our work and global environment. This complexity requires individuals to develop their ability to adapt and bounce back when things do not go as planned. Resilience is important as it enables individuals to develop mechanisms to protect themselves in potentially overwhelming and stressful situations. It also helps us to maintain a balance in our work life and during challenging and stressful times.

A resilient workforce is able to find new levels of engagement and empowerment. Resilient teams thrive on and respond confidently to personal and professional challenges while maintaining optimum performance and delivering enhanced productivity.

COURSE OVERVIEW

This one-day offering provides a rich and immersive learning experience that enables participants to develop practical skills to recognise, understand and better respond to stress. It also deepens participants understanding and appreciation of resilience in the workplace. At an organisational level, the training will equip participants with effective strategies to build a resilient and an emotionally healthy culture in the workplace.

This offering is suitable for all individuals across all levels and functions of your business. This training is for anyone who wants to learn and apply practical skills to cope with changes and stress more effectively in order to increase their overall work performance.

LEARNING OUTCOMES

In the Building Workplace Resilience offering participants will:

- Develop an awareness of their stressors and emotional responses at work
- Enhance their ability to self-regulate stress and emotions;
- Learn and apply verbal and non-verbal communication techniques in stressful and emotional situations
- Learn and apply emotional intelligence skills to better recognise and manage stress
- Enhance their skills to develop a resilient and emotionally healthy culture in the workplace



MODULE HIGHLIGHTS

What is Resilience?

Gain a better understanding of the physiological responses to stressors and neuroscience to resilience.

The Power of Empathy

Deepen our understanding of empathy and develop skills to help ourselves and others navigate stressful times.

Emotional Intelligence

Develop an increased awareness of the emotional intelligence skills in ourselves and others during highly emotional and stressful times. Learn practical skills to regulate self and others' emotions.

Build a Resilient Culture

Understand and learn how to identify early signs of stressors in yourself, others and teams. Develop strategic approaches to cultivate a resilient and emotionally healthy culture in the workplace.

DEBRIEFING SESSIONS

Each simulation session is monitored by a team of trained observers and followed by a facilitated debriefing session. Here participants are able to exchange their experiences with individual feedback is provided by the observers.

Participants discover that there are many ways to approach each interaction or challenge and how their actions and behaviours can influence the overall outcome. Participants will become aware of their development areas having the opportunity to practice, refine and ultimately implement onsite.

BLSC participants will develop the skills to effectively reason and problem solve, consult for more effective outcomes and motivate others to create a healthier, safer and more productive workplace.

ENROLMENT DETAILS

Duration: 1 day

Date: TBC

Cost (inc. GST):

\$665 – Master Builders Member & Incolink Contributor

\$995 – Master Builders Member

\$870 – Incolink Contributor

\$1185 – Non Member

To make a booking or enquire further please call 9411 8000 or book online at blsc.com.au