

Bounce back after failure: Resilience

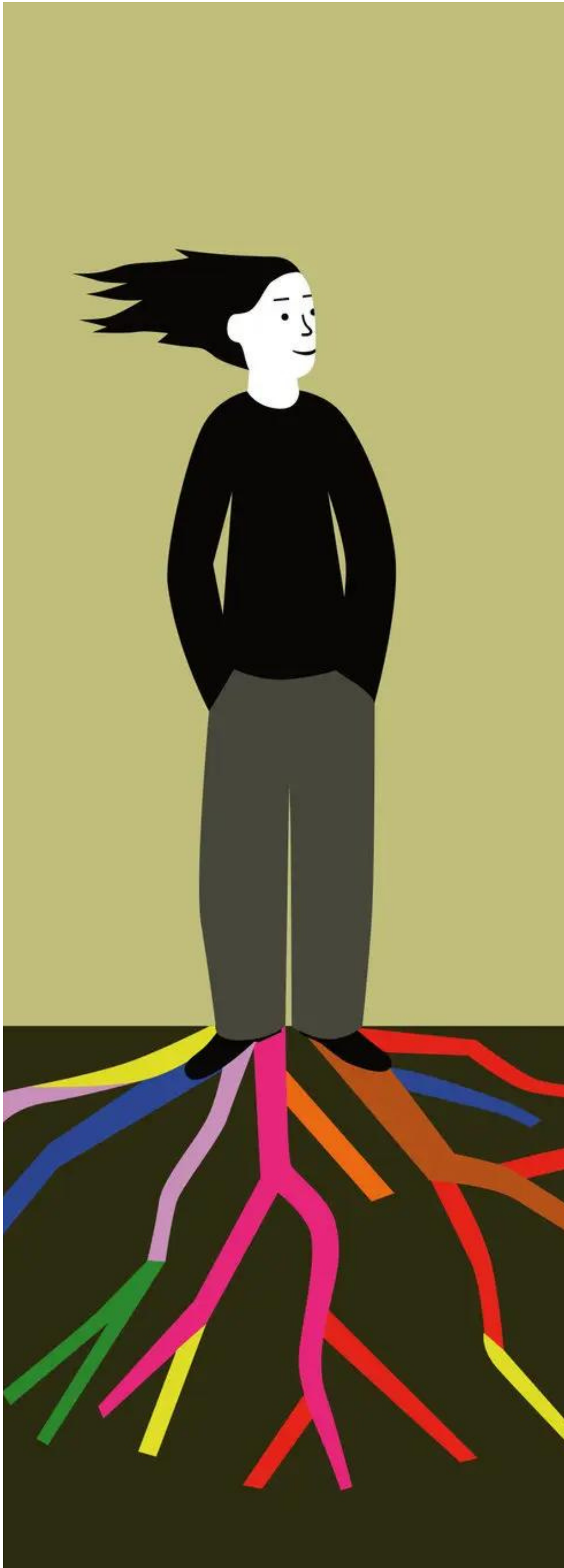


The Mindtemple Institute's training programs are upstream interventions that help employees prevent mental health problems, maximize potential at work and experience greater life satisfaction.

Resilience is the ability to withstand, recover and grow in the face of stressors and changing demands.

In this course, we impart therapeutic grade techniques which help employees build a personal repertoire of psychological resources against distress and adversity.





Content

Introduction

- What is resilience
- Human beings and resilience
- Possible outcomes of adversity
- Post-traumatic growth

Roadblocks to resilience

- 10 thinking traps
- Exercise - thinking traps

Building blocks of resilience

- Adopting a growthmindset to criticism