

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.

Audience:

Employees, teams, managers, senior leaders

Delivery

Online

Facilitators:

1 experienced psychotherapist with master's degree in Psychology

Content

Introduction to the concept

- 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

- Optimism (with exercise)
- Window of Tolerance (with exercise)
- Adopting a Growth Mindset to Criticism (with exercise)
- Hope Map (with exercise)
- Spheres of Personal Control (with exercise)

