



Workplace Wellbeing and Resilience

Experiences of transition and change often elicit significant stress in people. Developing wellbeing and resilience allows people to adapt and perform within their professional context and thrive in their personal lives. It is not just one particular skill; it is a set of resources that promote coping positively, social support, self-regulation, effective problem solving, adaptability.

Developing Resilience

- Develop strategies based on current CBT, Acceptance Commitment Therapy, and Mindfulness Skills to manage change in the workplace
- Develop skills to understand how the body and mind manages stress and change
- Develop ways for workers to manage stressful situations

Course Content

1. **Introduction to Wellbeing and Resilience:** understand the skills and science of resilience
2. **How to be a resilient thinker:** ways of thinking to develop coping skills to deal with stress and anxiety, challenge your current beliefs, how thinking affects your emotions and physical reactions
3. **Developing values for purpose and meaning:** looking at values and how they help us to achieve goals and direction, the power of mindfulness and attention
4. **Social connection fine tuning interpersonal skills** to be better listeners and communicators, ways to handle conflict and how to provide social support
5. **Flexibility:** The ability to adapt to and embrace change, realising setbacks are a part of life

