

INTRODUCTION TO RESILIENCE

NEW ONLINE TRAINING



This is an e-learning course.
Registration on this course will last 12 months.

£14 + VAT per delegate

Brief Overview:

Challenging, disappointing and stressful situations are all part of life. How you deal with these situations depends very much on your ability to be resilient. Resilience is about building your inner strength so that you can survive and thrive in the volatile, uncertain and complex world that we live we.

Learning Objectives:

This e learning module will give you a greater understanding of resilience and offers practical advice to help you become more resilient.

By the end of the module you will be able to:

- Understand the fundamental principles of personal resilience
- Be more aware of the benefits of being open and receptive to change
- Think positively and view challenges more optimistically
- Take personal responsibility and commit to positive action



To Book: Complete the standard EALC booking form and send to pearl.willcox@ealc.gov.uk who will then register you with Nimble. Once processed you will receive joining instructions and your Council will then be issued with an invoice.