



Resilience Course

A 5 Star Rated course from the
Training experts





Resilience Course

Resilience is the ability to bounce back when adversity or hardship hits.

With a high level of resilience you are able to feel stronger, more able to cope with difficult situations and to move forward.

Introduction

Resilient people are flexible, energetic and motivated. In capturing that motivation can we help to build our resilience?

This one-day interactive training course will look at the way we handle stress at work and in our personal lives and its direct impact on our future success.

You will gain a better understanding of your own motivations and a toolkit to help you deal with setbacks

Who would benefit from this course?

- Managers within high risk environments looking to support their teams
- Individuals who are seeking techniques to fall back on when they are lacking in motivation

Public Course Venues and Prices

	1 Delegate	2 Delegates
Manchester:	£295 + VAT	£495 + VAT
Leeds:	£295 + VAT	£495 + VAT
Online	£250 + VAT	£375 + VAT

Classroom & Virtual Classroom Courses

We offer this course as a classroom based course and as a live, interactive online course.

Our classroom courses are run as public courses at the venues shown below or as a private course anywhere in the UK.

Our online Virtual Classroom courses are available for people anywhere in the world with internet access. You will be able to see the trainer, their screen, be able to chat and ask questions, just like on our regular classroom courses.

Private & One to One courses

We offer private group courses and one-to-one courses throughout the UK from £590 and Online From £550. Please email or call us with your preferred venue, number of delegates and any requests.

No More Than 6 Delegates

5 Star Rated Course

Practice Led Learning

3 Months Online Support

Lunch Provided

Detailed Course Notes

Our interactive practical courses and learner centred approach, combined with small class sizes, provides the very best learning environment

Google

5.0 ★★★★★

Very relaxed. [Resilience Course] trainer adapted the content and delivered to suit all of our needs. Enjoyed the day, thank you.

Claire Wilson
British Lung Foundation





Resilience

Course Outline

This course will teach you how to build your resilience

Course Objectives

- Understand the implications of being resilient and motivated in your personal & professional life
- Identify your own motivators and resilience techniques
- Explore tools and techniques to help you to overcome difficult situations
- Become better equipped to draw on your internal motivators in times of need

Course Topics

- Defining what resilience is and why it's important for our well-being
- Developing a greater understanding of my strengths and capabilities
- Recognising the difference between challenging ourselves and stretching ourselves too far

- The ability be able to commit to accepting yourself
- Identify how being true to our core values helps build resilience
- Designing a healthy work / life balance
- Considering the qualities required to build resilience
- Understanding others needs and wants in order to deal more effectively with their behaviour
- Driver or passenger? How to have a greater sense of control
- The ability to identify and establish clear boundaries in all areas of our lives
- Understanding how our brain focuses on negative thoughts and how to overcome these
- How to reframe events in a more positive light

To book please see next page

For private courses the course content can be adapted to suit your requirements.
Please contact us to discuss your requirements.

Google

5.0 ★★★★★

Rick was a fantastic facilitator, personalising the course to each delegate and really listening.

He made it [Resilience Course] interactive and build rapport with each delegate, in a friendly, open way.

He is a credit to M Training.

Lucy Palmer
NHS England





Resilience Course

Why Choose M Training's Resilience Training Course

- Run by an experienced trainer
- This course is limited to 6 places so you are guaranteed personal support throughout the day
- From Only £250 + VAT per delegate
- Convenient locations in Manchester, and Leeds.
- We provide one to one and private group courses throughout the UK
- Course notes and support material
- Lunch & refreshments provided
- Certificate of achievement

Private and One-to-One Courses

One-to-one and private group courses are available from £590 for a one day classroom course and £550 for a private online course .

These courses are ideal if you cannot make one of the set course dates or if you want a more advanced course or different course outline/focus.

One-to-one and private group courses can be run anywhere in the UK, at our Manchester office or via Virtual Classroom online.

How to book

To reserve your place on our 1 Day Resilience course, Simply pick your preferred date and book on our website, send us an email or give us a call.

Or if you prefer, we offer private and In-House training on request.

Email: info@mtraining.co.uk

Call: 0161 226 6032

Or visit: www.mtraining.co.uk

We offer group booking discounts for two or more delegates.

This course has given me a lot to think about and reflect upon.

I'm sure it will help me in my workplace. It's already to let go of some of the issues I have been facing.

**Laura Baldwin
BUPA**