

Resilience and Dealing with Change

We are under increased pressure to do more in less time under ever changing circumstances. We need resilience and mental strength to deal with all these sources of stress.

You can build resilience and positive attitudes through proven strategies. This program provides you with strategies to deal with pressure and change. You learn practical skills and techniques to build strength and bounce back when things don't go as planned.

Designed for you

This workshop is designed for any person wanting to improve their ability to deal with pressure and change in their environment.

Outcomes

Learn how to:

- maintain and build resilience to face change
- recognise and prevent what diminishes resilience
- develop the capability to build resilience
- develop positive self-belief, especially under pressure
- distinguish between different personality types and understand how each reacts to pressure
- manage personal health and wellbeing to ensure greater resourcefulness and resilience.

Tailored group training - in-house or through virtual workshops

Ask us how we will tailor this program to your organisation or team.

Benefits are that we tailor the:

- *Content* to suit your organisation's needs.
- *Delivery* to reflect your procedures, values, examples and terminology, which encourages participants to apply their new skills in their roles.
- *Duration* to suit the availability of your team members and your budget.

Tailoring is mostly for free and always economical as costs are based on a per day delivery and not per participant.

Request a quote

Please call 1300 655 098 to ask us how we can tailor a program to your needs.

Alternatively, email us at info@icml.com.au.

Virtual Workshops

We deliver programs in interactive, live online workshops, accessible from a device anywhere.

Highly impactful learning

- Replicating face-to-face workshop experiences through conferencing technology.
- Using extra features for engagement: polls, quizzes, chat, electronic whiteboard.
- Learning in multiple shorter bursts – allowing practice between sessions.

Benefits of virtual workshops

- Attend the training from the comfort of home or personal workstation.
- No travel time or expenses.
- Multiple short sessions – less impact on work.

Simple access

- You need: a device with camera and a quiet place.
- No software needed.
- Click on a link to gain access.
- Works on any personal device and most corporate systems.

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