

Bouncing Back

Program Outline



Bouncing Back

In today's dynamic work environment, where unexpected disruptions are the norm, fostering resilience has become an indispensable quality for both individuals and organizations. It's the key to maintaining focus, staying calm under pressure, and bouncing back from setbacks stronger than ever.

Go beyond the traditional approach of merely addressing the symptoms of stress or burnout. Delve deeper into the core elements of resilience, providing your team members with practical strategies and techniques to enhance their mental well-being, improve their problem-solving abilities, and boost their overall performance.

Together, let's equip your teams with the tools to navigate uncertainty, embrace change, and unleash their full potential.

Objectives

- ▶ Approach challenges as opportunities for growth and learning
- ▶ Manage anxiety and stress effectively
- ▶ Reduce employee burnout, absenteeism, and health-related issues
- ▶ Nurture a growth mindset to solve problems
- ▶ Get equipped to handle setbacks, adapt to change, and maintain productivity during challenging times

Course Module

Module 1: Sources of Resilience: The 3P framework

Module 2: Identifying our own thinking traps

Module 3: Applying Resilience in daily life