

PERSONAL RESILIENCE

Gain the tools to be able to bounce back from adversity and to learn from experience. This program will focus on giving you essential advice and strategies to take back with you to the workplace.

Content

- What is resilience?
- Building resilience.
- How resilient are you?
- Resources and skills for building resilience.
- Theory into practice.
- Taking action.

Outcomes

- Reflect on their personal resilience.
- Understand how to nurture and improve it.
- Focus on finding positives and learning in adversity.
- Better cope with uncertainty and ambiguity of change.

Who Should Attend

Do you need to improve your personal resilience - to remain positive when you are dealing with difficult situations or to keep your eye on the big picture in challenging situation?

Benefits to You and Your Organisation

Work with colleagues from across government to refresh and develop your personal resilience. Learn new skills and apply useful tools at work. Increase your understanding of the critical role of personal resilience in the constantly changing environment of the public sector.

Competency Framework

First Line Manager Common/Core (AS02-AS05)
Middle Manager Common/Core (AS06-AS08)

Facilitator

Centre for People Development

Contact

enquiries@sa.ipaa.org.au
08 8212 7555

Duration

1 half day
9:00am-12:30pm
8:45am registration

Dates & Bookings

[Please refer here](#)

Location

Level 6, 12 Pirie Street
Adelaide SA 5000

Inclusions

Workbook, morning tea
and refreshments

Costs

Professional Members \$260
State Gov Members \$295
Corporate Members \$305
Non-Member \$325

