



Resilience Training

Welcome to the Resilience Training.

Most employees often feel the immense pressure and stress that come with their responsibilities. Even worse, you might already be feeling the same thing yourself. If left unresolved, your inability to handle stress can affect not just your work ethic and productivity, but your relationships with your friends and family as well.

We've created a training course specifically-designed to help people become more resilient against stress, maintain high productivity and live a better life. Further, our trainers also guarantee a fun, stress-free experience, so you don't have to worry about anything else. We also have customised training courses to suit your specific needs. For example, you can pair this one-day training course up with our Anger Management Training program if you think you need more advice on how to handle anger. With such a wide range of options, the goal is to ultimately provide you with the best training experience possible.

Course Overview

You will spend the first part of the session getting to know participants and discussing what will take place during the workshop. Students will also have an opportunity to identify their personal learning objectives.

This workshop will help you teach participants how to:

- Define and understand what resilience is.
- Know the how to deplete and replenish your resilience
- How to respond to pressure and think positive
- Know the importance of having fun at work

Resilience and You

First, participants will define what resilience is. They will be introduced to different stress-related hazards.

Responding To Pressure

This session provides advice to the participants on how to think and be positive.

Stress Management Techniques

First, participants will define what stress is. Then our trainer will discuss some proven methods to reduce stress from external and internal pressures.

Lifting the Energy of the Team

In this session, participants will learn the cauldron in your brain. Participants will also know the different energy blockers.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramounttraining.com.au> for more information or call 1300 810 725