PROFESSIONAL DEVELOPMENT TRAINING

016 299 1479

REQUEST QUOTE

0.5 DAY COURSE

PPA - Resilience and You

This half-day activity based workshop provides participants with the opportunity to understand resilience, the effects it has on their life and productivity then gives them the chance to learn practical tools and strategies to implement on a daily basis.

People learn tools from the leading sources such as the World Health Organisation, Steven Covey (Circle of Influence) that they can use to proactively build their resilience and tools to employ in those tough times to maintain their reserves.

Delivered very much through a work lens, the workshop also includes neuro-science, and people learn to recognise their decision making, attitude and feeling about a situation as a result of chemical releases, and how to refresh and move forward more positively.

This is where science meets the workplace to build greater productivity.

This is a practical and fun day that is suitable for all audiences because of it's practical workshop approach that provides people with tools that they can apply on-the-job (and in other contexts) the very next day.

We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Please discuss your preferred platform, most commonly we use Microsoft Teams, Skype for Business, Webex or Zoom upon request.

These courses are facilitated in English, and are open to people from different industries across New Zealand, Australia, Singapore, Malaysia and Hong Kong - this is a short but powerful learning experience that gives you global collaboration opportunities. Our trainers and processes have been refined to give you a personalised learning experience where it is specifically targeted to your needs.

Learn More Now by Clicking Here

What You'll Gain:

Performing Under Pressure – Creating resilient outcome-oriented teams in trying times

PD Training's new signature series program - Productive People Advantage brings together the best activity-based learning, incorporates practical workplace tools, and leverages the

latest research in neuroscience, psychometric profiling and emotional intelligence in new ways to develop and measure previously elusive to target or measure capabilities.

Outcomes

This course will provide practical skills and techniques to help people improve their workplace performance in the following areas:

- Proactively Building Resilience
- Maintaining Resilience
- Handling Change with a better mindset
- Having fun at work, while maintaining professionalism and productivity
- Displaying Courage
- Increased Collaboration
- Engage and Develop People

Modules

Lesson 1: Resilience and You

- Workplace Pressure
- Stress-Related Hazards
- Understanding Resilience
- Depleting and Replenishing Your Resilience
- Reflection

Lesson 2: Responding to Pressure

- It's a matter of choice
- Think Positive - Be Positive
- Positive Reframing
- Reflection

Lesson 3: Lifting the Energy of the Team

- The cauldron in your brain
- Having Fun at Work
- Energy Blockers
- Reflection

Talk to our expert team

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