



Interpersonal Skills and Self Development

Professional Resilience: Building Skills to Thrive at Work

Course Introduction

The workplace in the modern era is an ever-changing and sometimes extremely stressful environment. Workers need to be resilient to cope and bounce back from challenging situations, most often taking these as opportunities for success.

Professional Resilience

Resilience is critical at the workplace as employees are able to better manage work-related stress, develop competitiveness in the job market and handle any challenges with an open mind. This training course is designed to help participants establish a positive approach to work and outlook on life, which in turn enables better problem-solving and helps to maintain motivation.

Target Audience

This training course is beneficial for professionals seeking to develop their resiliency at work.

Learning Objectives

- Gain a comprehensive understanding of what resilience is and why it is important.
- Identify the characteristics of resilient people.
- Recognize strategies to develop personal resilience.
- Learn and apply ways to develop resilience at work.
- Design a personal resilience plan.

Course Outline

• 01 Day One

WHAT RESILIENCE IS AND WHY IT MATTERS

- Resilience questionnaire, for participants to start assessing what areas of resilience they may need to work on.
- Defining resilience
- The importance of resilience

THE CHARACTERISTICS OF RESILIENT PEOPLE

- Resilience myths
- The six domains of resilience
- Types of resilience

• 02 Day Two

STRATEGIES TO DEVELOP RESILIENCE

- Unhelpful thinking habits and how to challenge them
- Core beliefs and how they affect resilience
- Setting SMART goals to help you develop a better sense of vision and direction for your future
- Assessing your strengths and weaknesses, as well as opportunities and threats in the environment
- Recognizing automatic responses to stress and strategies to cope with stress
- Building a support network
- Developing a resilient body
- Positive self-talk
- Self-efficacy
- Building adaptability

• 03 Day Three

DEVELOPING RESILIENCE AT WORK

- The importance of resilience in the workplace
- The layers of organizational resilience
- How to develop organizational resilience

DEVELOPING A PERSONAL RESILIENCE PLAN

- Seven steps for developing a personal resilience plan
- Resilience plan template

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
April 14, 2025	April 16, 2025	3 days	3250.00 \$	UAE - Dubai
Aug. 25, 2025	Aug. 27, 2025	3 days	3950.00 \$	Spain - Barcelona
Nov. 10, 2025	Nov. 12, 2025	3 days	3250.00 \$	UAE - Abu Dhabi