



OBT

OBT Course Outline

15. DEVELOPING RESILIENCE IN THE WORKPLACE

<i>Main Aims and Key Benefits:</i>	To help participants to develop resilience-boosting attitudes and to understand how their personal resilience can be applied in the workplace.
<i>Course Content:</i>	<ul style="list-style-type: none">▪ What resilience is and why it matters▪ The characteristics of resilient people▪ Strategies to develop resilience▪ Developing resilience at work▪ Preparing a personal resilience plan
<i>Training Methods:</i>	<ul style="list-style-type: none">▪ Self-assessment questionnaire▪ Presentations▪ Syndicate exercises▪ Group discussion
<i>Who will benefit:</i>	Bursars, Assistant Bursars, Heads of Department, Senior Team Leaders, HR management
<i>Duration:</i>	1 day
<i>Certification:</i>	OBT and Progressive Training
<i>Training Provider:</i>	Progressive Training