



Resilience Train-The-Trainer.



Resilience Train the Trainer

developing in-house resilience trainers

Personal resilience training has probably the most immediate and sustained impact on the primary prevention of stress at work. Resilience is the ability to respond effectively to pressures and bounce back from setbacks and adversity. Building a pool of Resilience Trainers will give you an opportunity to improve organisational performance and well-being on a sustainable basis.

**4 day training for
internal trainers**



**purchase the rights to this
programme for full-roll out**



Train the Trainer

Our resilience train-the-trainer programme equips your HR/training personnel with the skills and materials to develop internal capability and deliver flexible, cost-effective resilience training courses within your organisation.

Resilience Train the Trainer is a practical programme providing the skills, tools and confidence to deliver resilience training internally. This includes programme translation into local language for international roll-out.

The benefits to you and your organisation:

- Ability to deliver effective resilience programmes to support people across your organisation
- Skills and confidence to deliver interesting, thought provoking and interactive training sessions
- Knowledge of resilience training materials which cater for all learning styles
- Confidence to manage the training environment, delegates and yourself

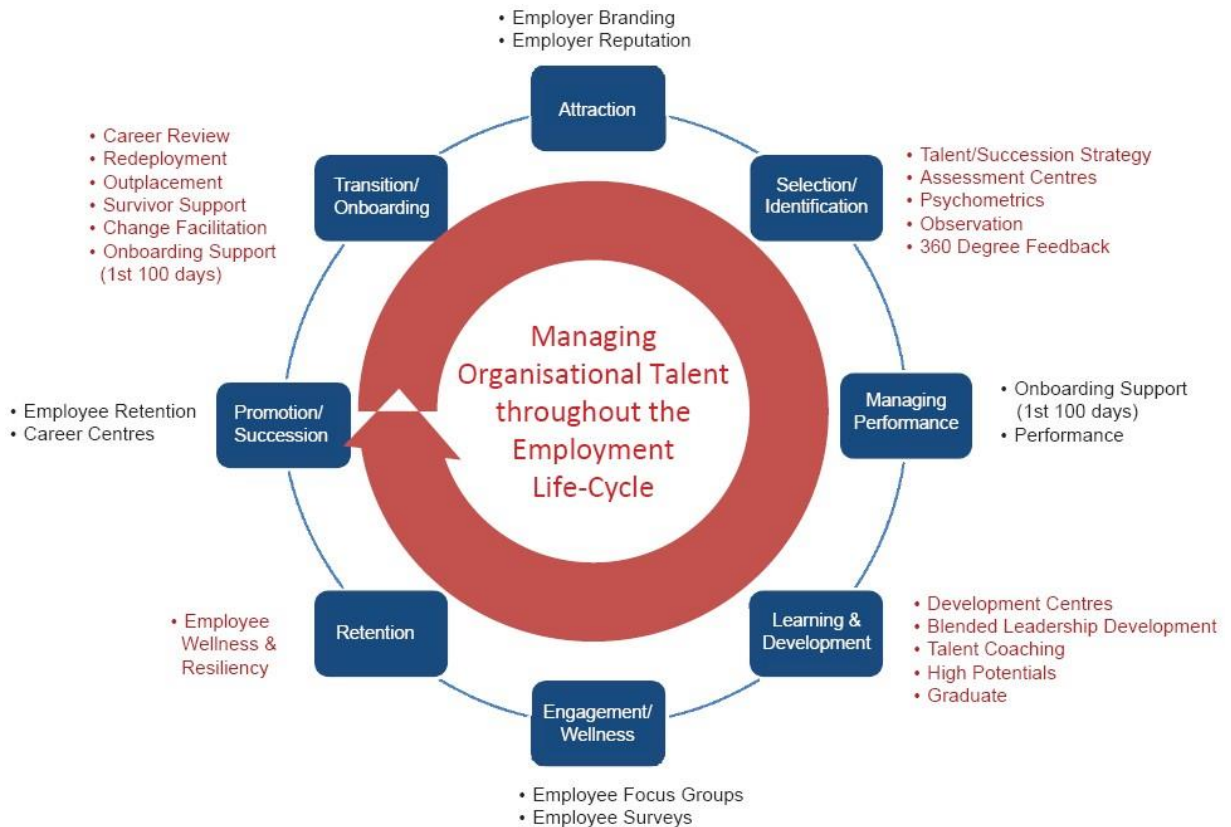
Our 3 Dimensional Approach

It is useful to classify approaches to stress according to whether they emphasise **'stimulus'** (*stressors*) **'response'** (*signs of strain*) or **'transactional'** (*intervening*) variables. This forms the foundation of our resilience training.

See our website for details on our unique 3 Dimensional Approach to resilience methodology. This differentiates our resilience approach and ensures our content is interesting, thought provoking and there are plenty of interactive exercises for high level engagement to help you put learning into practice.



Our Areas of Expertise:



Just some clients who chose us:



Contact Us

For more information please
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