

DEVELOPING INDIVIDUAL & COLLECTIVE RESILIENCE

Duration: 2 days (21h)

Dates: available within two months

Price general public: EUR 1.150/pers. (no VAT)

Price in-house: on demand (4-12 pers.)

TOPIC PRESENTATION

Resilience is the capacity of a person or a community to resist to the shocks of life and to bounce back despite unsettling events.

In order to develop resilience, this training takes a “competence approach”. Various resilience models focus on psychological, social and practical skills that reinforce one another systemically. These capacities enable a person, a group or a region to access their own resources, face challenges and come out stronger from demanding situations.

Resilience is a key competence today. In this seminar, participants will learn about the characteristics of resilience and the many tools that put it to action.

LEARNING OBJECTIVES

- Defining and understanding the components of resilience
- Selecting and using the resilience skills that are appropriate to specific situations
- Drawing upon one’s inner resources in order to bounce back from tough events
- Managing one’s self-constructed *resilience assets* dynamically according to different contexts
- Extrapolating the competence of resilience at collective level and investing in socially shared support
- Developing the resilience of teams, companies, communities, cities and nations.

AUDIENCE & PRE-CONDITIONS

- No pre-conditions
- All audiences



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PROGRAMME

- Sources of knowledge and references on resilience
- Current developments in neurosciences as regards resilience and stress management
- Systemic models with key skills to become and stay resilient
- Building one's own toolbox of resilience with available and adaptable skills
- Important physical/physiological aspects (food, sleep, breath, exercise)
- Important cognitive/emotional aspects (language, memory, imagination, feeling, emotion)
- Psychological muscles of volition
- Important social aspects and the capacity to seek and offer social support
- Collective resilience
- Environmental resilience
- Resilience for teams, companies, economic sectors, regions and nations
- Planetary resilience

METHOD & EVALUATION

Rich and flexible training design: theoretical input, discussions, reflection and sharing of experience, role-plays and simulations, practical exercises.

Evaluation of training impact:

- Short-term impact: at the end of the training
- Long-term impact: 3 months after the training

Evaluation of acquired knowledge:

- Self-evaluation with a skills inventory
- Questionnaire at the end of the training

Certificate: EUROBOGEN certificate of participation

COMPLEMENTARY TRAINING

- Project Management
- Transversal Management
- Diversity Management

CONTACT US!

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