

## 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.)

### OVERVIEW

Resilience is the capacity of a person or a community to resist to the shocks of life and to bounce back despite unsettling events. It is also a crucial competence for organizations, as staff are called to support one another when navigating through disruptions.

A competence-focused approach is effective when building resilience. Various methods focus on interconnected psychological, social, and practical skills. By developing these skillsets, individuals, groups, and organizations can build upon their strengths, respond constructively to obstacles, and ultimately turn challenging situations into opportunities for growth.

This seminar introduces participants to the characteristics of resilience and provides adaptive strategies to fit specific situational demands.

### LEARNING OBJECTIVES

- Defining the core and adaptable components of resilience
- Selecting and using the resilience skills that are appropriate to specific situations
- Drawing upon one's inner resources to bounce back from tough events
- Managing one's self-constructed resilience assets dynamically according to different contexts
- Extrapolating one's competence of resilience to the collective level
- Investing in a socially shared and supportive mindset
- Developing the resilience of teams, companies and communities.

### AUDIENCE & PRE-REQUISITES

- No pre-conditions
- All audiences



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### PROGRAMME

- Sources of knowledge, research 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 to protect one's resilience and wellbeing
- Important social aspects and the capacity to seek and offer social support
- Collective resilience
- Environmental resilience
- Robust companies, economic sectors, regions and nations
- Global Resilience

### METHODS & 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

### OTHER RELATED TRAINING

- Project Management
- Transversal Management
- Diversity Management

#### CONTACT:

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