

Building Resilience: Converting Adversity into Opportunities

Life often presents us with challenges and setbacks, which can be disheartening for anyone. Occasionally, we find ourselves over-analysing situations and becoming overly critical of our own abilities.

Despite the inevitability of facing challenges and encountering failures, it's within our power to determine how we respond to them. This is where the concept of resilience comes into play. Resilience is not merely about bouncing back; it's about proactively navigating through adversity and emerging stronger on the other side.

In this webinar, we will learn how to start building resilience, deal with setbacks and challenges, and convert them into opportunities to thrive.

Learning Objectives

- Understanding what is resilience
- Understanding the factors affecting resilience
- Application: top tips to start practising resilience

Content Outline

What is Resilience

- Defining resilience: what it means and green flags of resilience

Factors Affecting Resilience: The 4cs To Resilience

- Factors affecting resilience:
 - Connection
 - Communication
 - Confidence
 - Commitment

Application: Resilience strategies

- Top tips for developing resilience:
 - Develop mental agility
 - Cultivate compassion
 - Build mindfulness practices