

CiC COURSES

Resilience for Employees Course Outline

What is it?

A course on understanding and dealing with disruption and providing information and assistance in building resilience.

Who is it for?

All employees.

Course Aims

To provide a practical course where individuals have an opportunity to identify their own personal strengths and areas to develop with a view to increasing emotional resilience by small changes in everyday life. This course aims to strengthen all resilience factors that mitigate stress in the face of disruption.

Course Content

- How to identify stress – early signs and symptoms.
- To understand how disruption and stress impact us and those around us.
- How to recognise stressors and triggers.
- How to overcome the initial stress of disruption– coping strategies.
- Creating an Action plan, individuals will be encouraged to develop a resilient culture through understanding how to apply this information to teams and individual work.
- Create steps to change how we deal with disruptive situations.

Benefits

Individuals and teams more able to respond positively to disruption.

Staff feel that they have some personal responsibility for well being and this increases morale and presenteeism.

Personal reflection on strengths and areas to build can increase motivation to take steps to improve resilience and improve morale and effectiveness in the workplace.

Recognition and use of the organisational support available to stay well and the willingness to provide this, leads to an increase in morale.

Culture changes around general healthy habits and lifestyle is of positive benefit to teams.

Our Experience

Our CiC trainers understand the importance of identifying and understanding the culture of your organisation. They are specialists in their field and are highly skilled at delivering training across all sectors and to all levels, specialist teams and departments. They have supported organisations and institutions within both the public and private sector from Universities and Schools, to Law Firms, local councils, NHS care trusts, International News Agencies and International Charities.



Want to know more?

Get in touch with CiC using the details below.

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