

WHO & WHY?



For anyone who wants to check out and improve their own resilience or support others who may not be so resilient.

Resilience

Outcomes

- ✓ Clear view of own resilience in three key areas
- ✓ Know what helps and hinders your resilience in each of these 3 areas
- ✓ Take steps to build and sustain resilience
- ✓ Ensure resilience contributes to your overall wellbeing

Content

- What is resilience? examples
- Physical resilience
- Mental resilience
- Emotional resilience
- Case work to apply the learning
- Reflection and action planning

Learning Approaches

-  core learning input
-  group activities
-  open discussion
-  your ideas & suggestions
-  tools & templates
-  learning recap quiz
-  self-assessment questionnaire
-  good practice guide

 on site or  online

“ It helped me recognise just how resilient I am, and why ”

Staff member,
Mersey Care NHS Trust

