

Beat stress by building your resilience

Cope and thrive in the face of challenges

Duration

2 days

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Delegate feedback

I will conduct my usual Municipal Manager meeting very differently. They will see a completely different person.

The workshop really inspired me, it taught me about stress, behaviour, my strengths and how I can overcome my weaknesses.

The workshop was so fantastic. I wish that all the Educators and Principals from the schools were here.

This has brought about change in my life.

As from today, I am going to live a positive life and wont let stress squash my strengths. The workshop was so fruitful!

I intend having a good conversation with my wife and then with my team as a result of this programme. It will make a big difference in my life and in their lives

This has changed my life. I understand that the onus is on me to make the changes, but I have a new direction and new energy.

What causes stress?

We all want to experience joy and fulfilment. We want to be happy and have our dreams fulfilled. Yet life is difficult. Our world is filled with threat, disappointment and pain. We often struggle to cope with work and home pressures, as well as heartbreaking tragedies. If we are overwhelmed we compromise our dreams and values and live lives of quiet desperation.

We experience this as stress. It's not only debilitating but also very dangerous.

Beat stress

The workshop will help you beat stress by building your resilience and live in alignment with your values. You will learn practical tools and skills to bounce back from difficult organizational and life events such as significant change, setbacks and hardship. You will learn how to cope with adversity and emerge stronger and more resourceful.

Delegates report that the workshop changes the way they deal with adversity and the way they live their lives.

Company benefits

Staff learn the tools to resist stressful experiences impacting on their job productivity, remain focused, deal with multiple demands, and stay calm and healthy.

The company benefits from staff that are able to remain task focused and productive during stressful life and organizational events.

Leaders and staff are better able to live in alignment with their own and the organization's values resulting in enhanced engagement, productivity and team work.

About the workshop

The workshop covers the full range of situations needing resilience: coping with the daily grind, dealing with life's big adversities, as well as using the change inherent in adversity to drive towards self-actualization and thriving.

The training is based on the seven building blocks of resilience identified in recent South African research. The workshop assists delegates uncover their own personalized answers to three key resilience questions:

- Why not just give up when things get really tough?
- How to develop grit and become mentally tough?
- What to do when experiencing the "dark night" of adversity?



This has refreshed my spirit and skills in general. Also I have found so many solutions to the problems I have.

A very good programme which leads to mental growth and is applicable throughout one's life time.

This was really inspiring and will help me in the factory deal with the troubles I encounter.

The programme was very fruitful, encouraging and inspiring. Some families and schools will perish without this programme.

Exciting, interesting concepts. A personally enriching experience. Thanks Rod for the investment of your time in my life

Loved the interactive nature of the workshop and participants attitude. Facilitation was excellent.

Thank you Rod for the wonderful environment you created for everyone to share, enjoy and learn. God Bless!!!

Excellent! Lots of introspection and personal growth

A great experience. A great workshop, nicely participative and helped for building of Team Spirit

The workshop provides delegates with the knowledge and skills to:

- Understand what causes their personal coping and resilience to be undermined
- Learn tools and techniques to build their personal resilience
- Develop strategies to maintain resilience in the face of work and home pressures and stress

The training results in sustained improvement in resilience over time – statistically proven!

Learning outcomes

- Learn stress-busting tools and techniques that can be applied immediately at work and home to enhance resilience
- Enhanced ability to prevent the experience of stress negatively affecting work outputs, colleagues and family
- Increased adaptability and confidence when experiencing tough times
- Build your internal buffering resources to better cope with stressful work and life events, remaining calm and healthy.
- Experience more hope, optimism and positivity and so better cope with job demands

Target audience

This workshop will benefit everyone who experiences stressful life events at work and home, and would like to find positive and practical ways of dealing with them.

Clients

Old Mutual, BP SA, Old Mutual Ilima Trust; Department of Housing; Department of Provincial and Local Government; Provincial Government Administration; Local Government Administration; Municipalities; NGOs; Royal Swaziland Sugar Corporation, SAPS

About the Facilitator:

Rod Warner has wide consulting experience and in-depth learning design, facilitation and skills development experience. He has researched, developed interventions, presented and published in the field of building resilience to cope with stress.

The workshop has been researched and created by Rod Warner. He is an accredited training provider through the Services Sector Education and Training Authority.

