

# Building Resilience

## Cope and thrive in the face of challenges

### Duration

2 days

### Contact details

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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.*

*It is motivating and practical and lots of fun*

### What is resilience?

Resilience is often described as the ability to “bounce back” after adversity. It helps keep the pressure from work and life challenges positive and enables us cope with unwanted change and stress. Resilience helps us avoid stress and burn out, but more than that, it enables us to learn from tough experiences and build our internal coping resources to deal with future challenges.

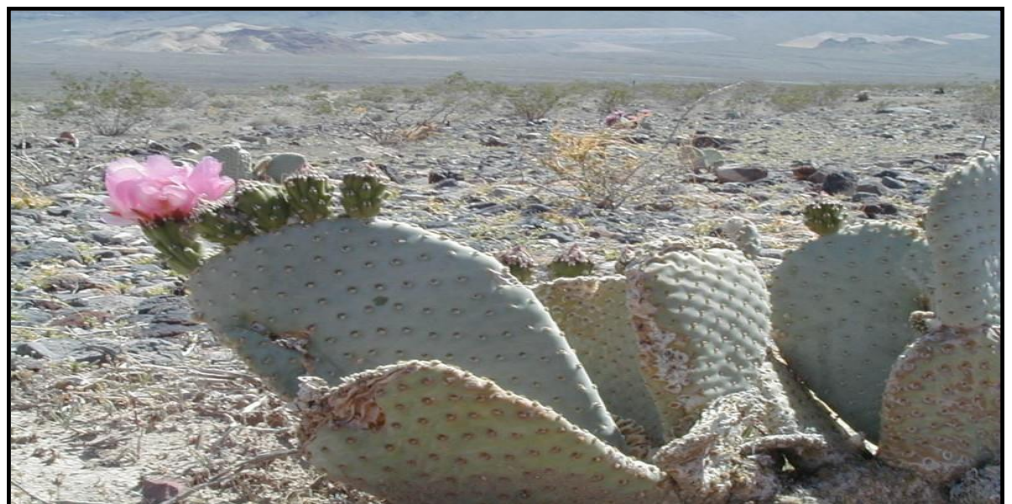
Resilience is thus a key competency for individuals, leaders and teams to succeed in our present day work environment.

### Learn Resilience

Some people have lots of resilience, others less so. Fortunately there are practical tools and skills that can be learnt to enhance your ability to bounce back from difficult organizational and life events, such as significant change, setbacks and hardship.

This workshop teaches the tools and skills to not only cope with adversity, but also how to emerge from the experience 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 tools to resist stressful experiences impacting on their job productivity. They are able to remain task-focused, deal with multiple demands, and stay calm and healthy. They become more open to change.

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

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*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*

*Very meaningful. Utilise at home and in the workplace. Teaches you to "bounce higher"*

### About the workshop

The training is based on the seven building blocks of resilience we identified in our recent South African research. Delegates walk away with practical tools to enhance their personal resilience:

- A four step process to change negative thinking
- Strategies to control anger and remain calm
- A five step process to break unhelpful habits and achieve personal goals
- Three methods of bouncing back from adversity
- A template for changing the story of their lives

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

### Learning outcomes

- A personal strategy to bounce back from work and home stress
- Enhanced ability to prevent the experience of stress negatively affecting work outputs, colleagues and family
- Increased adaptability and confidence when experiencing tough times
- Experience more hope, optimism and positivity and so better cope with job demands

### Target audience

This workshop will benefit everyone who would like to find positive and practical ways of dealing stressful life events at work and home, learn from them and enhance their capacity to embrace change in the future.

### Clients:

We work with a variety of clients in South Africa, Southern Africa and Australia including: Old Mutual, Momentum, Metropolitan, various local, provincial and national government administrations, Royal Swaziland Sugar Corporation, SAPS, Nokia Siemens Networks, TAL Australia.

### About Rod Warner:

Rod has researched, developed interventions, presented and published in the field of building resilience to cope with stress. His book "The Building Resilience Handbook" is available from [www.takealot.com](http://www.takealot.com) in its second printing.

