

# Building Personal Resilience

## Objectives

By the end of this course you will be able to:

1. Explain the benefits of building personal resilience
2. Identify your own stress indicators and use practical techniques for minimising its negative impact (e.g. mindfulness)
3. Solve problems creatively, even when under pressure, using the 7-Step Problem Solving Technique
4. Identify your personal resilience strengths and development areas with the Resilience Quotient Inventory™ (RQi™)
5. Manage stressful thoughts and build positive beliefs with positive reframing and the ABCD technique

## Background

Resilience can be defined as the ability to manage and adapt positively to significant sources of stress and bounce back from adversity. Fortunately, resilience is not a fixed characteristic; it's something you can learn and strengthen over time. In this workshop, we show you how. We start with key models of stress and resilience. You'll learn about the Transactional Theory of Stress (TTS); how to identify your own stress indicators; and how to use techniques (such as mindfulness) and other physical activities to transform your 'state' rapidly.

You'll also learn proactive techniques for building resilience, including problem-solving, emotion regulation and how to build positive beliefs, such as optimism and personal control. This course comes complete with the best psychometric measure of resilience available anywhere: The Resilience Quotient Inventory™ (RQi™).

The techniques we demonstrate are derived from positive psychology, health psychology and Cognitive Behaviour Coaching (CBC).



### Timing

This course runs over one day, from 09:30 to 16:45.

### Who should attend?

Anyone who wants to manage high demands, rapid change and thrive in the workplace.

### Facilitator

Matthew Critchlow, PhD, Managing Director of Thrive and Visiting Lecturer at the University of Westminster.

### What do people say?

*"Thoroughly enjoyed the course and would recommend it to my colleagues ... The facilitator was great."*

**Crown Prosecution Service (CPS)**

*"The course was excellent ... The instructor clearly had a passion for the subject which was infectious."* **UK Border Force**

## Preparation

Before the course, participants complete the Resilience Quotient questionnaire. Please see the [RQi Introduction and FAQs Document](#) for more information and guidance on how to complete the questionnaire. Your RQi™ report contains personal scores and individualised guidance on how to build even greater resilience. You will receive your report during the training session.

## Course Topics

### Models for understanding and building resilience

- The meaning and benefits of personal resilience
- How to be resilient in a nutshell - The Six Elements of Resilience®
- The physiology of stress
- How to use mindfulness and other techniques for de-stressing and wellbeing

### An introduction to coping strategies

- Solution-Focused and Emotion-Focused Coping
- Identify your own resilience strengths and development areas with the Resilience Quotient Inventory (RQi)™

### Managing problems

- The 7-Step Problem Solving (or PRACTICE) technique
- The Transactional Theory of Stress (TTS)

### Managing emotions

- Emotion regulation using the ABCD Model
- Dealing with biases
- How to cultivate positive beliefs such as optimism and self-confidence
- How to change your state by changing your physiology

## Further Learning

Delegates receive weekly top tips via email for 10 weeks after the course. They also have access to on-line learning resources via our e-learning platform ([www.thisisthrive.com](http://www.thisisthrive.com)).