



Resilience Training

ISOH, CPD, IIRSM

Description

This online training course provides the user with the tools needed to build resilience, which can help them better manage challenges and maintain good personal wellbeing in the face of adversity. This 35-minute course helps the user to learn how to build resilience and deal with challenging situations, as well as covering the 5 Pillars of Resilience; Emotional Wellbeing, Future Focus, Inner Focus, Physical Health, Healthy Relationships.

Sections

- 1. Introduction to Resilience**
- 2. The 5 Pillars of Resilience**
- 3. Resilience Toolkit**