



## Promoting Emotional Resilience

Develop techniques and skills in challenging unhelpful thinking and behaviours to build resilience and effectiveness. Learn about the five ways to wellbeing.

(½ day training)

### Training Outcomes:

Gain an understanding of what emotional resilience is.

Discuss and identify how to promote emotional resilience in self and others.

Gain an understanding that will assist in identifying unhelpful thinking and behaviours that may be holding a person back and preventing them from fulfilling their potential.

Practice how to develop techniques and skills in challenging unhelpful thinking and behaviours to build resilience and effectiveness.

“All aspects were extremely helpful and delivered in away that kept me engaged throughout.”



Developed and delivered by:

Washington