



# Psychological Health & Well-Being Training (PHeW)

## Free Choices

## Building Resilience

### NOT JUST SURVIVING BUT THRIVING

In a world where we are increasingly confronted with challenges of longer work hours, depleting resources, rapid change, technological advancements and unpredictable economic, political, social, and environmental developments, it is no surprise that these greater demands impact on our physical and psychological state

## Programme Brief

Resilience refers to our ability to regain strength, return to a previous healthy status, or to further succeed following an adverse life event. A focus on strengthening or utilising our resilience resources supports us to prevent or better manage challenges, as well as improve our sense of wellbeing.

The Free Choices Resilience training incorporates five key areas which effectively strengthen resilience

1. **Self-Awareness**
2. **Mind-Body Experience**
3. **Response to the Environment**
4. **Company structure and culture**
5. **Responding to crisis**

## Your customised training programme will enable you to:

- ✓ Gain an understanding of concepts and strategies for personal, team and company resilience
- ✓ Identify and respond to factors in your environment, which supports greater resilience
- ✓ Better understand and enhance your emotional and physical reactions for resilience
- ✓ Strengthen resilience attitude and behaviour, which allows growth & wellbeing
- ✓ Identify ways resilience can combat anxiety, stress & burnout
- ✓ Build positivity and confidence
- ✓ Identify your individual strengths for building resilience skills and effectively responding to challenges and crisis situations
- ✓ Develop resilience strategies specific to your work structure and culture
- ✓ Learn how to develop individual and group well-being practices

## Delivery of the training

Training will be interactive and experiential. This is in order, to promote engagement, motivation and significant learning or change. Focus will be on developing participant's awareness, as well as, the daily practical application of the knowledge and skills learnt.



Contact us to find out more about our training programmes