

Resilience & the Art of Bouncing Back

The key topics of this workshop are understanding resilience and the key components that can help to strengthen your ability to bounce back in the face of adversity. Emotional intelligence, competence, optimism and coping skills are all capabilities that can be built upon in order to increase resilience.

You will learn how to recognise your level of resilience and emotional intelligence and how to build on these in order to help/guide your behaviour and thinking in ways that will enhance your work performance.

You will learn effective methods of coping with adverse situations within the workplace and at home.

Workshop content:

What is resilience?

How do we become resilient?

Resiliency assets

- Relationships
- Emotional Intelligence
- Competence
- Optimism
- Coping Skills

Adjusting communication & conflict resolution styles

Managing emotions and the amygdala hijack

Emotional audit

Managing change

Coping during stressful situations

Full Day Workshop 8:30 am - 4:00 pm \$255 (1 day)

Refreshments

Morning and afternoon tea and lunch are provided for full day workshops.

Location

Level 2 Highway Arcade, 47 Stuart Highway, Stuart Park

DARWIN HEAD OFFICE

P. (08) 8941 1752

F. (08) 8941 0746

E. easadarwin@easa.org.au

Alice Springs

P. (08) 8953 4225

F. (08) 8953 6894

E. easaalicesprings@easa.org.au

Katherine

P. (08) 8941 1752

F. (08) 8941 0746

Toll Free 1800 193 123 (NT ONLY)
www.easa.org.au

All public workshops require a minimum of 6 participants in order to be confirmed.

EASA has a 72 hour cancellation policy. Please contact us as soon as possible if you are unable to attend a workshop you are enrolled in, or charges may apply.