



Resilience Training

Course Outline



Your business outcomes are our priority. Proving impact in real time.

What is this course about?

Change and stress don't ask permission before showing up on a team. This 2-day workshop equips delegates with practical information, skills, and tools to build resilience personally and professionally, helping teams build trust and positivity — particularly valuable for teams navigating the stress of organisational change. The result: teams better able to hold together under pressure.

About this Course...

To equip the delegate with useful information, practical skills and tools to build resilience in a personal and professional capacity.

Who Should Attend this Course?

This course will benefit all staff.

Outcome

The outcome of the training results in better personal mastery and application of self in the team environment to ensure optimum team performance. Delegates who attend this training will have a clear view of behaviour during change and what tools to use to positively influence outcomes from such behaviour.

SAQA US ID	NQF LEVEL	CREDITS	US TITLE
14063	3	2	Apply the principles and concepts of emotional intelligence to the management of self and others

The unit standards above are an indication of the content of the workshop. Our workshop theories are designed to include the outcomes recommended by SAQA US IDs.

Duration: 2 Days

Key Content Covered

Topic	What You Will Learn
The Dilemma Scissors	• A tool for assisting us in cutting to the core of the challenges we face.
Information Overload	• What it is and how do you know if you have it, including practical tools on how to transform negative thinking
Overcoming Stress	• Clear your head, changing perspective, creating alternatives, re-interpreting stress
Being More Effective and Focused at Work	• Leadership tools for dealing with overload and generating genius thinking, as well as prioritising • Recognising and dealing with a stressed team
Useful Strategies and Tools	• Control anger, remain calm and maintain equilibrium
3 Step Process to Challenge Preconceptions	• A coaching approach to collaborative outcomes
Vertical Integration	• Personal steps to vertical integration through the Enneagram Types • A blueprint for success, through recognition and breaking of old habits
Bounce Back	• Accessing your Ennea release point to assist you with your resilience

Optional Purchases

When ROI and Implementation Matter

At Staff Training, we understand that each individual and/or organisation has unique needs and goals. We have developed a range of valuable, but optional purchases to maximise your training outcomes:

SETA Accredited Training Options

Most of our workshops are aligned with SETA Accredited unit standards, or you can opt for the fully accredited version of your workshop choice. This includes a certificate of competence when successfully completed. All other certificates are certificates of attendance.

The Afterburner

Afterburners are additions to selected workshops. These continued learning courses include a re-cap of material covered during the workshop and continue to expand on both knowledge and skills development for the workplace.

Skills Check

Skills Checks are extremely useful in the measurement of ROI of soft skills training. This tool is structured to help the learner improve on the implementation of new skills through a goal-driven process of accountability and reflection.

LevelUp Coaching

A 2-hour, one-on-one coaching option for those who would like to address and build on the knowledge they gained during training. Converting theory into practice under the tutelage of an experienced coach.

PowerPath Coaching

A powerful investment into your future leaders. One-on-one leadership coaching with the globally acclaimed Enneagram as the self-mastery tool.

Staff Training is an accredited IEQ9 Provider. Our Enneagram offerings include a SETA Accredited version of a leadership development workshop as well as an emotional intelligence and Enneagram combination. You can also explore our specialist hybrid offerings of workshops and coaching below.

<u>Enneagram Group Coaching Journey</u>	<u>Enneagram: Insight to Action</u>
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