

Resilience



Overview

“GOING THE DISTANCE”

Our capacity to engage communities, organisations or teams is directly impacted by our own resilience and sense of wellbeing.

The Resilience course supports people to navigate and identify how we manage stress, conflict and maintain a sense of balance and presence.

This course draws on the presenter’s professional counselling, community services and natural therapy experience. It has been developed to make resilience practical and meaningful for different people and organisations in a range of contexts.

Participants

- C-level executives
- Stakeholder and community managers
- Stakeholder and community engagement officers
- Change managers
- Project managers
- Project coordinators
- Strategic communications managers
- Communications officers
- Elected officials

Learning Outcomes

- Identify the factors contributing to stress and burnout, in the home and workplace
- Explore methods to filter information and manage your workload
- Use a range of actionable strategies to respond to stress and burnout
- Embed resilience strategies in a team or organisation

Duration

Two-hours, half-day or full day course

Delivery Mode

Courses are delivered as either (1) in person face to face or (2) live in an online classroom. To maximise learning outcomes, delivery modes are not mixed.

Course Option

Public course, in-house course

Upcoming Dates

Please contact us at admin@ahaconsulting.net.au for more information and to express your interest

Aha! Consulting

For more information or to make a booking
admin@ahaconsulting.net.au | www.ahaconsulting.net.au | (+618) 9443 9474

