

Building Resilience Workshop



Welcome to Virtue Healthcare Education

The Building Resilience workshop has been designed to assist people to cope with life's challenges. Highly resilient people are flexible, adapt to new circumstances quickly, and cope with constant change. Most important, they are confident that they will bounce back when faced with life's misfortunes and setbacks. Resilience can help protect you from various mental health conditions, such as depression and anxiety. It can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma. If you have an existing mental health condition, being resilient can improve your ability to cope.

Through this workshop our trainees learn the skills to adapt well in the face of adversity, trauma, tragedy, or stressful situations not only for themselves but to pass on to those who they work with.

Training Outcomes

Trainee's will learn

- A greater understanding of what resilience is
- An understanding of how it effects our health and our lives
- A positive pathway to building stronger resilience

Location

We come to you! Depending on your circumstances we offer on-site training or local workshops. Contact us if you would like to organise on-site training or to see when the next workshop is happening in your area.

Our Workshops

Our workshops allow participants to learn in a structured and enjoyable environment. Content is up-to-date and specifically tailored to be relevant for the trainees and the environment that they work in. Workshops are designed to be entertaining and interactive to maximise learning outcomes and cater for different learning styles.

If you have any questions about this workshop or this brochure please do not hesitate to contact our workshop organizer

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QUICK INFO

Duration: 1 full day workshop

Workload: 9.00am – 4.00pm