

Building Workplace Resilience

Course Content

This workshop aims to explore strategies to build resilience in the workplace. The workshop will cover:

The workshop covers:

- Causes of workplace stress
- Using empathy to understand others' resilience
- Providing support
- Questioning techniques to identify opportunities to build resilience
- Feedback and information
- Developing a personal action plan

Learning Outcomes

By the completion of this program participants will be able to:

- Understand causes of workplace stress
- Demonstrate empathy when communicating with others
- Apply questioning techniques to identify individual challenges and solutions
- Provide feedback to enhance resilience
- Identify and manage causes of workplace stress

Who should attend?

This course is suitable for those working with and leading others in the workplace.

Delivery Information

Duration: 2 hours
Location: State-wide

Investment

\$ 175 TCCI member
\$ 260 non-member

More Information?

Call 1300 559 122 today to discuss your training needs including on-site or customised delivery, or email training@tcci.com.au