



Building a Resilient Mindset

Overcoming Adversity and Challenges

► Upcoming Sessions

22-26 Apr 2024	New York - USA	\$6,950
22-26 Jul 2024	Dubai - UAE	\$5,950
23-27 Sep 2024	Paris - France	\$5,950
04-08 Nov 2024	Dubai - UAE	\$5,950

► Training Details

Training Course Overview

Building a Resilient Mindset is a 5-day training course designed to equip participants with the knowledge and skills to develop resilience in the face of challenges and adversity. This course aims to provide a comprehensive understanding of resilience, explore the key components of a resilient mindset, and offer practical strategies to enhance resilience in personal and professional life.

Training Course Objectives

By the end of this training course, participants will be able to:

- Understand the concept of resilience and its importance in navigating difficulties
- Identify the key characteristics of a resilient mindset and their impact on overall well-being
- Learn techniques to build and strengthen personal resilience in various aspects of life
- Develop coping strategies to effectively manage stress and adversity
- Cultivate optimism, adaptability, and problem-solving skills to bounce back stronger
- Foster supportive relationships and effective communication to enhance resilience

Designed for

This training course is suitable to a wide range of professionals but will greatly benefit:

- Professionals who face high-pressure environments and need to cope with stress effectively
- Managers and leaders interested in fostering a resilient workforce and promoting a positive work culture
- Individuals experiencing significant life transitions and seeking to navigate them successfully
- Anyone interested in personal growth and developing strategies to bounce back stronger in the face of adversity

Learning Methods

This Anderson training course will utilise a variety of proven adult learning techniques to

ensure maximum understanding, comprehension and retention of the information presented. This will include an interactive mixture of lecture-led learning & group discussions

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Day One: Understanding Resilience and Its Importance

- ▶ Definition and significance of resilience in personal and professional contexts
- ▶ The science behind resilience: understanding the impact of stress on the mind and body
- ▶ Exploring the benefits of developing a resilient mindset in various areas of life

Day Two: Developing a Resilient Mindset

- ▶ Recognizing and challenging self-limiting beliefs and negative thought patterns
- ▶ Cultivating a growth mindset to foster resilience and adaptability
- ▶ Building self-awareness and emotional regulation skills to manage stress effectively

Day Three: Building Resilience in Adversity

- ▶ Understanding the nature of adversity and its impact on resilience
- ▶ Developing coping mechanisms and strategies to build resilience in challenging situations
- ▶ Finding meaning and purpose in difficult circumstances to foster resilience

Day Four: Cultivating Optimism and Adaptability

- ▶ The role of optimism in resilience and its benefits
- ▶ Strategies to foster optimism and develop a positive outlook
- ▶ Enhancing adaptability and flexibility in the face of change and uncertainty

Day Five: Nurturing Supportive Relationships for Resilience

- ▶ The importance of social connections and support networks in building resilience
- ▶ Effective communication and interpersonal skills for resilience
- ▶ Collaborative problem-solving and teamwork to enhance resilience

► The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

► INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

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