

Bouncing back: how to cope with challenges

Resilience is about how people recover from adversity, how we 'bounce back' after being challenged beyond our comfort zone.

It is the capacity to adjust to and overcome adversity as it presents itself. Every workplace will recover in their own unique way. Resilient workplaces with resilient workers will have more success in managing and responding to adversity.

Resilience is a skill that can be developed and improved.

Mental, emotional, and behavioural strategies can help build resilience. Through resilience training, one can acquire a variety of skills that can help manage and overcome adversity during challenging times.

This workshop aims to enhance emotional and cognitive resilience.

Participants will learn strategies that will help them to face adversity and to respond effectively during challenging times.

This workshop will help participants to:

- ▶ Understanding adversity and its effects
- ▶ Define resilience
- ▶ Increase resilience using a range of evidence-based cognitive, behavioural and positive psychology strategies
- ▶ Cultivate positive emotions
- ▶ Mental agility and flexibility
- ▶ Creating a work-life balance



More information

For more information or to book this workshop for your local government contact the LGIS People Risk Team at peoplerisk@lgiswa.com.au or call 9483 8888.

