

Building Resilience

We all experience worry, anxiety, and instability in our life. Even without a constant barrage of bad or worrisome news, the mind's natural tendency is to get distracted. Research has shown that the mind easily gets trapped into patterns and negative thinking. The way to overcome this natural tendency is to build our mental resilience. Resilience is the skill of noticing our own thoughts, unhooking from the non-constructive ones, and re-balancing quickly. This skill can be nurtured and trained.

Objectives:

- Understanding 'Resilience'
- Identifying strategies for building resilience in your day to day life
- Creating strategies, you can use during a situation in order to build resilience

Duration: 90 mins

Modules & Training Flow

S. No.	Topic	Duration
1.	Login and Orientation	5 mins
2.	What is Resilience, Why build it: Knowledge	20 mins
3.	Know your current level of Resilience	10 mins
4.	How to build Resilience: Knowledge + Activities (Breakout rooms)	60 mins
5.	Preparing Action Plans for Resilience (Break Out room)	10 mins
6.	Q&A, Recap and Closing	15 mins

Outcomes:

- Build confidence to cope with the current business scenario
- Create strategies to enhance personal resilience

