

Developing Resilience

The ability to bounce back from setbacks.

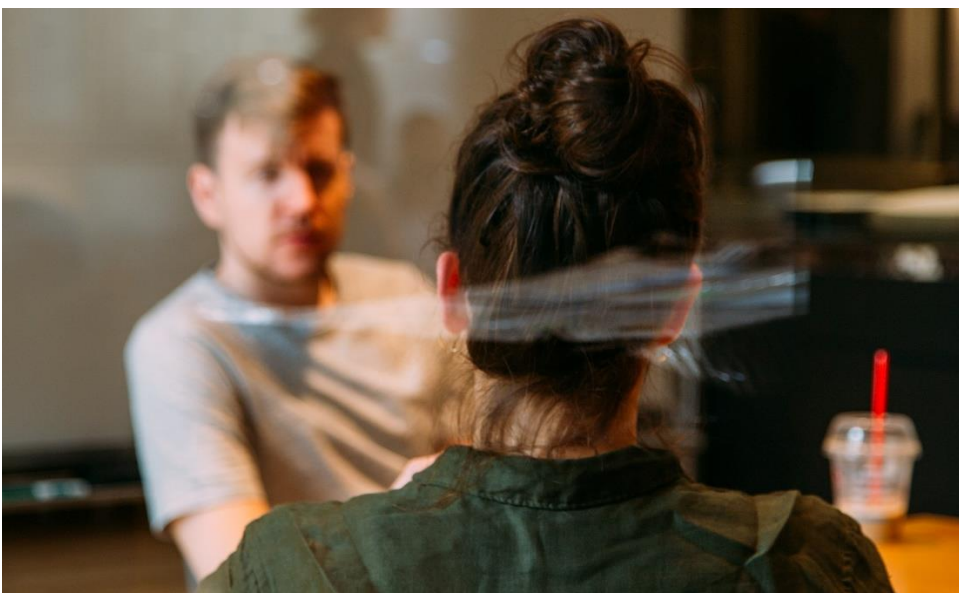
Program Details

Resilience. You either have it or you don't, right? Well, not exactly.

Although we have heard that a lot in the last decades, research shows that resilience is not a fixed trait of character. Any one of us can cultivate resilience by building on appropriate behaviors and attitudes, and by nurturing our relationships and networks.

Work, or life altogether actually, does not come with a map. You can't predict if and when the road will get bumpy or even take a drastic turn further ahead. The pandemic has brought upon us so much adversity and new challenges. Now more than ever, it's important to build resilience skills to effectively navigate through work life.

Resilience is a quality that most successful people possess. So now that we know they are not born with this superpower, why not have a piece of the pie too?



Training Length

1 – 1.5 Hours