

## CREATING RESILIENT OUTCOME-ORIENTED TEAMS IN TRYING TIMES 1-HOUR ONLINE CLASS

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**COURSE LENGTH: 0.1 DAYS**

In this 1-hour, activity-based, online workshop participants learn to understand resilience, the effects it has on their life and productivity and provides them with practical and simple tools and strategies to implement on a daily basis.

Participants learn to use tools from leading sources, such as the World Health Organisation and Steven Covey (Circle of Influence), that they can use to proactively build their resilience and additional tools to employ in these tough times to maintain their reserves.

This workshop has a work-related lens; however, many participants comment on the positive impact these skills had on all aspects of their life. The workshop includes aspects of neuro-science, and people learn to recognise their decision making, attitude and feeling about a situation as a result of chemical releases, and how to refresh and move forward more positively.

This is where science meets the workplace to build greater productivity and happier, more resilient people. This is a practical class that is suitable for all audiences and provides people with the tools that they can apply on-the-job (and in other contexts) the very next day.

This live online workshop teaches facilitation skills and to help get better outcomes and better quality decision making at work.

This is an instructor-led class that you can attend from home or your office.

We use secure Video Conferencing with interactive features such as live polling, screen sharing, whiteboards, live chat and breakout sessions. Please discuss your preferred platform, most commonly we use Microsoft Teams, Skype for Business, Webex or Zoom upon request.

These courses are facilitated in English, and are open to people from different industries in all countries especially across Australia, New Zealand, Singapore, Malaysia, Hong Kong and Papua New Guinea - this is a short but powerful learning experience that gives you global collaboration opportunities.

\*\*Please note, these classes run to a very tight schedule, please follow the invitation and join the class 10-minutes prior to commencement so you are ready to participate and don't miss a minute!

Queensland residents employed by a small business can attend this course for free through funding provided by the Queensland Department of Small Business. To access this funding, please visit [Adapt Education](#) and click on the Enrol Now button.

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# CREATING RESILIENT OUTCOME-ORIENTED TEAMS IN TRYING TIMES 1-HOUR ONLINE CLASS COURSE OUTLINE

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## FOREWORD

### **Creating Resilient Outcome-Oriented Teams in Trying Times.**

Resilience is the foundation of a productive, happy and stable workforce. As people learn to develop strategies to proactively monitor and build their resilience and understand how to reset their neuro-chemistry to re-energise and focus on positive outcomes.

Participants learn how to overcome energy blockers at work, and re-set team dynamics to ignite teamwork, collaboration and the overall resilience and stability of the team. This is a practical workplace-oriented course that provides the building blocks for a productive, stable and higher performing workplace.

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## OUTCOMES

**This course will provide practical skills and techniques to help people improve their workplace performance in the following areas:**

- Proactively Building Resilience
  - Maintaining Resilience
  - Handling Change and Uncertainty with a Better Mindset
  - And provide the opportunity to collaborate with other people facing similar challenges.
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## MODULES

### **Lesson 1: Resilience and You**

- Workplace Pressure
- Stress-Related Hazards
- Understanding Resilience
- Depleting and Replenishing Your Resilience
- Reflection

### **Lesson 2: Responding to Pressure**

- It's a Matter of Choice
- Think Positive - Be Positive
- Positive Reframing
- Reflection

### **Lesson 3: International Collaboration**

Up to 20 minutes Facilitator led collaboration

- With enrolments open from Australia, New Zealand, Singapore, Malaysia and Hong Kong
- Participants benefit from sharing and collaboration from people with similar challenges from across the region

### **Lesson 4: Next Steps**

Resilience is the foundation to be present, engaged and have the ability to contribute.

Other courses to help people and organisations navigate challenging times include Growth Mindset and Creative Problem Solving.

Continue your learning journey with PDT.

- Share, discuss and learn from like minded people
  - Wrap up and close
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## WEB LINKS

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- [View this course online](#)
- [In-house Training Instant Quote](#)