

About this course

Professional careers in the 21st century are often tailor-made for people to suffer the negative effects of stress. This is not about personality, but is often due to a combination of technology, targets, professional pride (there's always a little more that can be achieved with a few more hours worked), peer group pressure, a lack of control, less job security and ineffective self-care strategies.

Through our unique BASICS of Resilience template, this course is for those who want to use the latest evidence based skills to remain optimistic and motivated under pressure, and who want to optimise their performance at work whilst trying to ensure their wellbeing. Those who demonstrate resilience show great psychological flexibility, effective energy management and have strong relationships and support networks that help them to amplify their productivity and wellbeing. This course is also an ideal course for anyone interested in the science of optimal performance.



Course Outcomes

- You will be introduced to and understand the nature of resilience.
- You will appreciate the latest evidence-based guidance on strengthening protective factors, strategies and skills for enhancing resilience through our unique BASICS of Resilience template.
- You will be equipped to incorporate appropriate resilience enhancement interventions into your personal and professional life.

Course Outline

The BASICS of Resilience Template

- You will work through the BASICS of Resilience template which utilises almost five decades of evidence based biological, psychological, social and behavioural research.
- You will learn resilience enhancement interventions throughout the course, with the inclusion of over 100 recommendations for action across 6 key areas.

Real World Practical Application

- You will hear from individuals who describe how they have used resilience skills from the BASICS of Resilience template in both their personal and professional lives.
- You will hear from individuals that come from business, medicine and healthcare, the emergency services, humanitarian disaster relief, elite military and specialist law enforcement communities and elite sport.

COVID-19 Pandemic and Remote Working

- Based on our expert's participation to a White Paper on 'the effects of remote working on wellbeing, stress and productivity', this course also includes recommendations that apply to this time of uncertainty, specifically being at home working due to the COVID-19 pandemic.

Course Delivery & Accreditation

- 10 interactive lessons of self-directed learning (approximately 8 hours), with embedded video and audio content, allowing you to learn at your own pace.
- Each lesson includes links to optional, but relevant, videos of interest and a recommended reading list allowing you to learn more about the content Course accreditation activity and feedback (approximately 20mins).
- Certificate of Completion of Training (CCT) is a digital certificate that is awarded on successful completion confirming the number of CPD hours the course is eligible for.

Course Fee and booking

- Special Offer £300.00pp plus VAT
- To enroll contact us at contact@theextremleaders.com
- To book this course as a tailored, in-house course call us on +44 (0) 208 7980504



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PURSUING
EXCELLENCE**