

# B.A.S.I.C.S of Resilience - Online Course



## About the 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, the current pandemic, a lack of control, less job security and ineffective self-care strategies.

Our unique BASICS of Resilience 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

- An introduction to the understanding and nature of resilience.
- Gain an appreciation of the latest evidence-based guidance on strengthening protective factors, strategies and skills for enhancing resilience through our unique BASICS of Resilience course.
- You will be equipped to incorporate appropriate resilience enhancement interventions.

## Course Outline

The BASICS of Resilience course:

Work your way through the BASICS of Resilience course which utilises almost five decades of evidence based biological, psychological, social and behavioural research.

Learn resilience enhancement interventions throughout the course, with the inclusion of over 100 recommendations for action across 6 key areas.



## Real World Practical Application

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

## 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 specifically to working from home.

## Course Delivery & Accreditation

- An introduction plus 6 interactive lessons 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.
- Certificate of Completion of Training (CCT) is a digital certificate that is awarded on successful completion, confirming that the course is eligible for 50 CPD hours.



## Course Fee and Booking

Course price: £300.00pp plus VAT

To enrol please email: [rachel.chandler@theextremeleaders.com](mailto:rachel.chandler@theextremeleaders.com)

To book this as a tailored course please call us on: +44 (0)7984 628366

