



Building Workplace

Resilience

Length: 1hr .

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: The modern workplace is fast-paced, filled with deadlines, office politics/ toxic workplaces, heavy workloads, job insecurity and more. Mindset determines how successfully one can navigate through multiple workplace stressors. Adversity in the workplace is unavoidable. How individuals choose to handle setbacks can either build them up or bring them down. Stress can cause individuals become more creative, and access hidden abilities. A certain level of pressure is good for growth.

The aim of this workshop is evolve perspectives regarding challenges, strengthen the resilience muscle, and help individuals learn and develop from testing situations faced in the workplace.

Content includes:

- The 7C's of Resilience
- Positive Psychology
- Coping Strategies
- Self Care For The Body, Mind & Spirit
- Digital Detoxing

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.