

## Bulletproof People - Resilience Course Outline



**FOCUS:** Building a 'Gameplan' to successfully execute the 6 key competencies of managing change and challenge in the workplace.

**LENGTH:** 3 options

- 1 hr Awareness session
- 4 hr Workshop
- Customised program

**GROUP SIZE:** 10-20 (Larger groups may require extra facilitators).

**METHOD:**  Personal reflection  Pairs collaboration  Group think & action

### AWARENESS

1. What does resilience mean to me personally & professionally?
2. Think>Feel>Do.
3. The 6 key actions of resilience.

### IDENTIFY

1. Personal and professional impacts.
2. Resilient perspective, managing expectations.
3. The 'Resilience Guide'.

### FUTURE

1. Resilient behaviour impacts on the delivery of the organisation's values.
2. Depositing into my resilience bank.
3. Looking out for others.

### TRANSFORM

1. Building our "Resilience Road Maps".
2. Identifying resilience roadblocks.
3. Building a set of professional and personal resilience convictions.