

# STRENGTH BASED RESILIENCE

## COURSE CONTENT OVERVIEW

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TRAINING



**6 HOURS**

**DELIVERY METHOD: FACE TO FACE OR VIRTUAL**

## WHO IS THIS FOR?

To provide an opportunity to help you develop resilience, defined as the ability to manage when faced with adversity. The 'Strengths and Resilience' based approach encourages you to identify what is going well, do more of it and build on it. It recognises that each of us has a unique combination of risk factors and protective factors which shape our development, recognising what is within and outside your control.

## PRE-REQUISITES

None.

## COURSE OBJECTIVES

By the end of this workshop you will be able to:

- Define what is meant by strength-based resilience
- Agree the importance of strength-based resilience to wellbeing, motivation and productivity
- Identify barriers that stop us developing our strengths or can undermine our own resilience strategies
- Practice self-compassion and recognise how to use it successfully
- Use the belief wall tool to protect our resilience levels

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## COURSE CONTENT

- What is strength-based resilience?
- Why focus on strength-based resilience?
- Barriers that stop us developing our strengths
- Self-compassion and how to use it successfully
- Key protective factors that maintain strength levels
- Belief wall tool to protect our resilience levels

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