

Resilience Training - E-Learning

Course Aim

This e-learning course provides delegates with the tools required to build resilience, with the aim to help them better manage challenges and maintain good personal wellbeing in the face of adversity.

Available in over 35 languages

Our courses are machine translated* into a variety of popular International languages, so regardless of location or language preference, we've got you covered. Our machine translated content includes the translation of course transcripts and test questions.

**Content which is not English may be machine translated and is for assistive purposes only. We cannot guarantee the accuracy of translations.*

Agenda

The course modules cover:

- Introduction to Resilience
- The 5 Pillars of Resilience
- Resilience Toolkit

Certification

Delegates will receive a HSS printable certificate in Resilience Training upon completion of the course.

This course is approved and accredited by IOSH.

Who Should Attend?

This Resilience Training course is designed for the all delegates at various levels of business employment.

Course Duration

This is a 35 minute course.