SQT

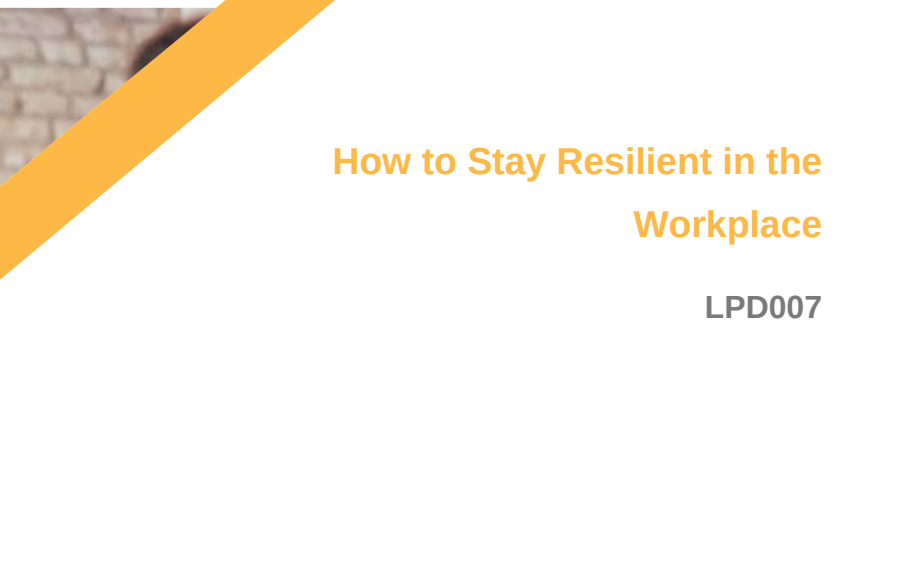
TRAINING THAT DEVELOPS *REAL* CAPABILITY











How to Stay Resilient in the Workplace

LPD007

How to Stay Resilient in the Workplace

This interactive programme equips learners to understand, build and sustain resilience in today's dynamic workplace. Resilience is not about avoiding obstacles, it's about developing the mindset, energy and skills to respond positively and effectively, in ways that reflect one's unique strengths. By recognising stress triggers and applying personalised strategies, participants gain the confidence and capability to perform at their best. For organisations, a resilient workforce means greater productivity, lower absenteeism and stronger team engagement.

Through practical tools, reflective exercises and collaborative discussion, learners create tailored approaches for managing pressure, sustaining energy and building relationships that enhance both individual and organisational success.

The programme can be fully tailored, with content, examples and practical exercises customised to reflect the organisation's culture, priorities and specific resilience challenges.

Duration & Price

Duration: 1-2 days
Delivery mode: This programme is available In-Company

Dates & Locations

In-Company training programmes are customised for your organisations specific needs. Most In-Company training is now delivered virtually.

In-Company Training

Please contact us for more information on our In-Company training options

What's covered?

This highly practical programme combines theory with self-reflection and interactive exercises.

Key topics include:

- Personal assessment: understanding when and why effectiveness drops
- Self-awareness and emotional regulation
- The science of stress and its workplace impact
- Identifying personal challenges and strategies to address them
- Achieving balance between skills and demands
- Recognising and managing energy drains
- Maintaining optimum daily energy
- Effective communication for strong relationships
- Action planning for change and ongoing support

Who should participate?

This course is ideal for anyone who wishes to strengthen their resilience, improve work-life fit and enhance confidence at work. It is particularly suited to individuals experiencing high workloads, frequent change, or interpersonal challenges.

The training is particularly suitable for:

- Individuals seeking improved wellbeing and performance
- Team members and managers
- Professionals in high-pressure industries

By investing in resilience, learners build both personal wellbeing and professional effectiveness.

English Language Competency
A good standard of written and spoken English is important to engage effectively with this programme.

What will I learn?

On successful completion of this course, learners will be able to:

- Develop a clear understanding of personal working style, recognising situations that create pressure, reduce effectiveness and disrupt balance.
- Identify personal stress triggers and understand their impact on performance and wellbeing.
- Apply self-awareness techniques to recognise signs of imbalance and reduced effectiveness.
- Develop strategies to maintain energy, focus and positive interpersonal relationships.
- Demonstrate the ability to maintain and sustain positive energy consistently throughout the working day.

These outcomes provide learners with practical strategies they can immediately apply in both work and life situations.

How do we train and support you?

We use a highly interactive, practical methodology rooted in experiential learning. This ensures that every learner has the opportunity to apply new techniques, receive feedback and reflect on personal development throughout the course.

Support elements include:

- Pre-training consultation for In-Company courses to tailor content to learner and organisational needs
- Facilitated skills practice sessions recorded for feedback and individual reflection, allowing learners to experiment in a safe, supportive space
- Guided post-training reflective activities designed to embed learning, support behavioural change and identify future goals
- Optional personalised coaching sessions (either one-to-one or group-based)
- Live training is available virtually or delivered onsite to suit the needs of the team

Class sizes are generally limited to 12-15 participants to support personalised learning and individual support.

How can you progress?

Learners who complete this programme may progress to advanced personal development and leadership courses such as:

- Communication Essentials in the Workplace
- Dealing with Challenging Situations and People
- Emotional Intelligence and its Role in Managing Effectively
- Supervisory Management Skills

These programmes expand on resilience skills, positioning them as a powerful career-enhancing asset that increases adaptability, leadership potential and long-term professional success.

Tutors



Gina Ryan
View Profile

What Our Learners Say

We believe in excellence through transparency and continuous improvement. That's why we invite all our delegates to share their experiences on CourseCheck.com, an independent platform dedicated to genuine, unfiltered feedback. Learner insights help us not only to enhance our training programmes but also empower potential learners to make informed decisions. Click on the link below to read firsthand experiences and testimonials from past learners.



Click Here

SQT TRAINING THAT DEVELOPS *REAL* CAPABILITY

SQT provide a unique combination of high quality, accredited, practical training delivered by leading industry experts and supported by the most up to date learning technology and tools

LEAN SIX SIGMA, PROCESS & PROJECT MANAGEMENT

- Lean Six Sigma
- Join our Lean Six Sigma Network
- Continual Process Improvement
- Project & Programme Management

COMPLIANCE, STANDARDS & AUDITING

- Quality
- Environment & Energy Management
- Health & Safety
- Food Safety
- Life Sciences
- Laboratory
- Integrated Management Systems

LEADERSHIP & PERSONAL DEVELOPMENT

- Leadership & Personal Development
- Train the Trainer

QQI AWARD | IEMA - APPROVED - | CompEx Part of the JTL Group | FSPCA FOOD SAFETY PREVENTIVE CONTROLS ALLIANCE | CQI IRCA APPROVED TRAINING PARTNER | Chartered Institute of Environmental Health

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