

Emotional Resilience Training – Delivery Format Examples

Participants	Duration	No of Participants	Learning Outcomes	Format (s)
Human Resources & Senior Management	2 Days (usually one or two weeks apart)	15-20 attendees	<ul style="list-style-type: none"> • In-depth understanding of the essential components of building emotional resilience • Understand what stress is and its effects • Understand the mechanisms underlying the stress response • Learn how to increase emotional resilience using a range of cognitive and behavioural strategies • Learn how to enact resilience using physical and wellbeing strategies 	In-House Program Public Program
Middle Management / Team Leaders	1 Day	15-20 attendees	<ul style="list-style-type: none"> • Understanding of the essential components of building emotional resilience • Understand what stress is and its effects • Learn how to increase emotional resilience using a range of cognitive and behavioural strategies • Learn how to enact resilience using physical and wellbeing strategies 	In-House Program
All Staff	½ Day	15-20 attendees	<ul style="list-style-type: none"> • Understanding of the essential components of building emotional resilience • Understand what stress is and its effects • Overview on how to increase emotional resilience using a range of cognitive and behavioural strategies • Overview on how to enact resilience using physical and wellbeing strategies 	In-House Program