

# Personal Resilience

## Overview

Resilience makes it possible to bounce back quickly from adversity and to learn from the experience - affirming self-esteem, growing resilience further and increasing the ability to manage the stress and challenges of work and life. Fast track programs focus on participants issues and challenges and are structured to maximise the opportunity for application of learning back into the workplace. This fast track half-day program is a combination of facts, experience and action to assist you to polish up your personal resilience. The facilitator brings a wealth of person experience in management of change and the skills and tools for “rolling with the punches” developed over a long and varied career.

## Competency Framework:

First Line Manager  
 Common/Core (ASO2 –ASO5)  
 Middle Manager Common/Core  
 (ASO6 - ASO8)

## Facilitator:

Centre for People Development

## Duration:

1 half day  
 9:00am – 12:30pm  
 (8:45am registration)

## Dates:

Please refer [here](#).

## Location:

Level 6, 12 Pirie Street  
 Adelaide SA 5000

## Inclusions:

Comprehensive  
 workbook, morning tea  
 and refreshments.

## Cost:

Professional Member: \$260  
 State Gov. Member: \$295  
 Corporate Member: \$305  
 Non-Member: \$325

## Contact:

t: 08 8212 7555  
 e: [enquiries@sa.ipaa.org.au](mailto:enquiries@sa.ipaa.org.au)

## Content

Topics to be covered include:

- What is resilience?
- Building resilience
- How resilient are you?
- Resources and skills for building resilience
- Theory into practice
- Taking action

## Outcomes

Participants will have the opportunity to:

- Reflect on their personal resilience
- Understand how to nurture and improve it
- Focus on finding positives and learning in adversity and
- Better cope with uncertainty and ambiguity of change

## Who should attend?

Do you need to improve your personal resilience - to remain positive when you are dealing with difficult situations or to keep your eye on the big picture in challenging situation? Do you feel as though you are:

- In a steam of changes that doesn't always make sense?
- Wondering if change leaders know what they are doing?
- Anxious or uncertain about what your future might hold?

If you so, this is the program for you

## Benefits to you and your organisation

Work with colleagues from across government to refresh and develop your personal resilience. Learn new skills and apply useful tools at work. Increase your understanding of the critical role of personal resilience in the constantly changing environment of the public sector.

## Testimonial:

*“Was good to meet other staff from across the public service and hear first-hand some of their present challenges.” – 27 March 2017*