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Resilience is the ability to recover and bounce back from adversity and hardships, feeling stronger and more capable to cope than ever before. Our resilience training programmes will provide your leaders, managers and teams with the necessary skills to achieve this. Resilient people demonstrate great flexibility, high energy, mental agility and consistently perform at their highest level.

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Resilience Training and Support -  
The Wellbeing Workshop  
Resilience at work Resilience skills are much needed in the workplace where stress, uncertainty and turbulence are common experiences. Resilience is about the balance between your capacity

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and the challenge you're facing. If the challenge outstrips your capacity it can tip you over into the red zone.

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## Resilience at work

The answer is resilience – which the APA describes as: “ The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means “ bouncing back ” from difficult experiences. ”

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## Resilience Training: How to Master Mental Toughness and

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This essay is an extended version of " Training Together for a real Green New Deal " (in French), published in latribune.fr on March 30th, 2020. For an express read (1mn), skip to paragraph ...

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## 2 PLAN FOR RESILIENCE

Developing Personal Resilience

This resource can help you move from merely surviving to actually thriving by helping you build resilience and plan for stressful situations. Developing a plan to get through potentially stressful situations can have a positive impact on both your personal and work life.

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## Plan for Resilience

A resource for increasing self-esteem, resiliency, and a strengths-focus; offers help for parents, educators, military, counselors,

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adopted by YoungMinds, based on  
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