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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.

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 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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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.”

Resilience Training: How to Master Mental Toughness and Thrive
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