



# Resilience in Practice

## Building Strength in Times of Stress and Change



The need to understand and manage the impact of change is a critical skill in the pressure of a daily practice environment. Most psychologists agree on one fact: prolonged periods of stress or continued change in the workplace will result in burnout, fatigue, job dissatisfaction, depression and ultimately create retention risk to employers. The good news, however, is that it is preventable. When you discover the key strategies for managing your personal resilience levels, you can reduce your work stress dramatically.

CAL's 'Resilience in Practice' 3-hour corporate training program is designed specifically for medical practice staff to help discover key strategies in managing the impact of stress in both the workplace and life. It is designed with a holistic focus and helps participants to identify the possible triggers in their work and personal life, as well as assisting in creating a practical plan to develop resilience.

### Who is it for?

- > People who are looking for ways to reduce stress and increase their daily performance,
- > Those looking for new and fresh ideas to build better resilience levels,
- > Those needing self-management strategies in times of difficult organisational change,
- > All levels of the medical practice - it is relevant to management, frontline and administrative staff.

### Key Learning Outcomes

- ✓ Critique individual personal resilience levels
- ✓ Sail through daily tasks rather than a crisis management approach
- ✓ Identify and label common stressors
- ✓ Differentiate between positive and negative stressors
- ✓ Recognise the tell-tale signs when resilience levels are dropping
- ✓ Anticipate struggle points and influence positive outcomes
- ✓ Scan activities to build resilience levels
- ✓ Differentiate between positive and negative stressors
- ✓ Practice the art of unconditional surrender to events you have no control over
- ✓ Stay motivated and think with the end in mind



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