

# FACT3™

## The Academy.



## Building Resilience

### Course Details

TRAIN, RETAIN AND DEVELOP | PEOPLE TRAINING DEDICATED TO SMEs

# COURSE OVERVIEW

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The course has been designed for anyone requiring support and understanding Resilience with a clear outcome of developing the ability to bounce back from difficult situations.

## BUSINESS BENEFIT

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Employees will be more motivated and positively responding to day to day change, particularly important in the current climate.

## EMPLOYEE BENEFIT

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Gain a clear understanding about Resilience, identify the key attributes that underpin their resilience and how they may boost these to be capable of positively responding to the day to day changes, enabling them to enhance their performance.

# COURSE CONTENT

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- What is resilience?
- Building resilience
- The importance of resilience - the change in landscape
- Three vital components
- How to deal with set-backs and self talk
- Key attributes of a resilient person
- Your Personal Booster Plan

# FORMAT, PRICE & BOOKING

## DATES

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18th March - [Online](#)

20th April - [Online](#)

11th May - [Online](#)

## COURSE FORMAT

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### **Online - 1 x 2 hour session**

- Live interactive training facilitated by a Fact3 Academy trainer via Zoom.
- Break out rooms and interactive exercises to bring Learning to Life.
- Small groups of up to 10 delegates
- In Person - 1 day course

### **In Person - 1 x 2 hour session**

- Training can be delivered at your premises or off-site at our unique training suite.

## PRICE

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### **Per Person:**

£40 + VAT

**20% Group discount for 5 or more people**

[Book now](#)