



## Skillbuilder

# Personal Resilience

**Build the resilience to thrive through change.**

### OVERVIEW

Pressure, uncertainty and change are part of modern working life. Personal resilience is what enables us to adapt, recover and continue performing at our best.

This self-paced digital Skillbuilder helps you understand your resilience, recognise your strengths and develop practical habits that support long-term wellbeing and performance.

You'll leave with greater self-awareness, practical strategies and a personalised action plan you can apply every day.



ROFFEY PARK  
INSTITUTE

### BENEFITS FOR YOU

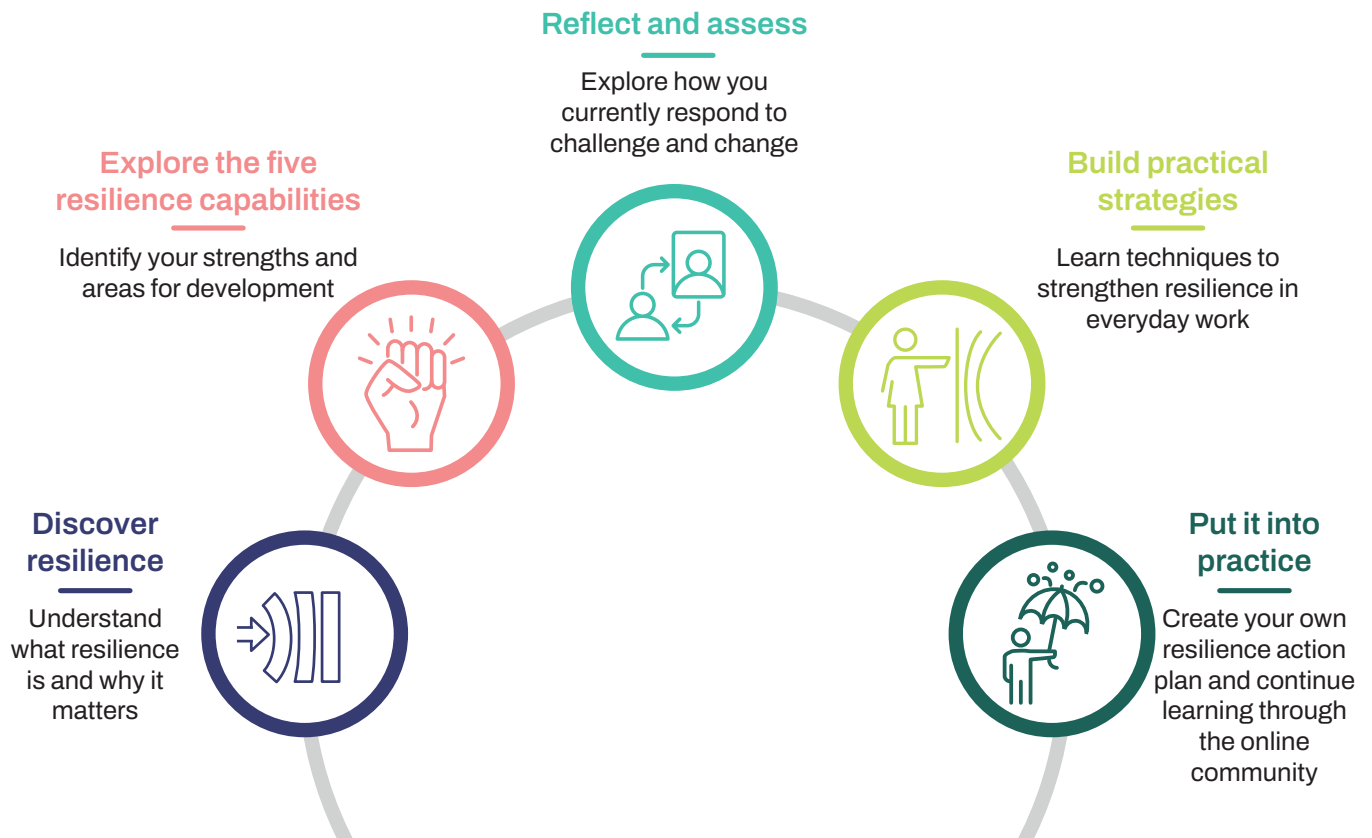
You will learn to

- Understand the five capabilities of resilience
- Recognise your personal strengths and development areas
- Build strategies for managing pressure and change
- Strengthen confidence and adaptability
- Create a practical resilience action plan.



### BENEFITS FOR YOUR ORGANISATION

- More resilient people who adapt positively to change
- Increased wellbeing and confidence
- Reduced impact of workplace pressure
- Stronger individual performance
- A practical, scalable development solution.

# Your learning journey



## At a glance

	3-4 HOURS (ACCESS 3 MONTHS)
	£125 PER PERSON
	FULLY ASYNCHRONOUS DIGITAL LEARNING