

Building Resilient Minds



For Intermediate Level



100 Minutes



Learning Objectives

- + Discover personal meaning of resilience
- + Explore traits of highly resilient people
- + Develop resilient beliefs and strategies



Learning Tools

- + Facilitator driven discussions
- + Reflection tools
- + Shared stories and anecdotes
- + Quiz
- + Individual exercise
- + Group exercise



Your Takeaways

- + Develop resilient beliefs
- + Adapt resilient traits and anchors
- + Assess one's own tenacity
- + Build grit and grace

Learning Modules

- + Meaning of resilience
- + Traits of resilient minds
- + Balancing fundamental needs
- + Understanding reactivity
- + Resilience gauge and assessment
- + Identifying personal traps
- + Developing tenacity
- + Tools to build resilience