



Building resilience

About ACIM Solutions

ACIM Solutions is a niche nationally recognised training organization providing innovative, high quality and tailored learning programs. Our interactive short course programs are designed for individuals or organisational groups and provide valuable opportunities to build practical people management for a broad range of contexts.

The program

The program is workshop based held over a half or full day, using presentations, practical group activities and discussions, with individual planning exercises to help you stay focused and engaged right throughout your training. Tailored programs for specific organisations are also available.

Why build resilience?

We all know that prolonged periods of stress can be psychologically and physically harmful but very few people are in a position to be able to just walk away from it. Typical ongoing stresses in the workplace may include:

- difficult clients or co-workers,
- an unsupportive boss,
- organisational uncertainties or obstructions,
- disappointing career setbacks,
- unreasonable workloads,
- insufficient resources,
- unrealistic deadlines or
- significant system failures.

Maybe you're dealing with all of these things! Whatever your current role or level of responsibility at work, this course is designed to help you build resilience.

What you will learn

You'll learn what resilience is, where it comes from and what common characteristics resilient people share.

You'll be given practical tools for measuring your own resilience, learn to identify

unhelpful personal thinking patterns and stress triggers, and explore positive strategies to help you build your resilience, one day at a time.

Some of these questions and more will be answered throughout the course;

- What resilience is and why some people are more resilient than others
- How learned behaviours and thinking patterns affect resilience
- How to identify your own personal stress triggers and what to do about them
- What practical and positive strategies you can use to empower yourself and build resilience
- How to create a personal resilience action plan, including a holistic approach to good self-care.

New skills

The practical focus of this course is designed to help you use what you learn immediately. The tools, techniques and proven coping strategies discussed in this program can be successfully applied to a wide range of stressful workplace and personal situations to help you to feel more confident and capable of managing day-to-day issues and whatever challenges lie ahead.

Our facilitators

As with all our ACIM short courses, this is a very interactive program. Our facilitators have extensive backgrounds in diverse roles and experience in designing effective and innovative vocational education programs. To read more about our team go to:

www.acimsolutions.com.au/category/our-team

For more information, see our website www.acimsolutions.com.au or email: contact@acimsolutions.com.au