

Building self-resilience

Aim

To give delegates the tools and skills needed to effectively re-build their self-resilience after tough situations at work.

Objectives

1. Understand what resilience is and the theories behind it.
2. Understand the relationship between risk, protective factors and resilience.
3. Learn practical ways to build your self-resilience.
4. Be inspired to implement resilient practices among your colleagues.

Skill level

If you need help and support when it comes to building your self-resilience, then this course is for you regardless of your grade, skill level or amount of experience.

Course overview

Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, while maintaining a stable mental wellbeing. This 3-hour virtual workshop will enable you to explore the capabilities, skills, and self-care practices that contribute to building self-resilience.

Testimonials

We delivered this training earlier in the year and the course was received really well. Here is some feedback from an Electoral Services Manager in the North East and Yorkshire Branch –

“The Building Resilience course was very useful, both as a refresher for those, like me, that have been on these types of courses in the past and for people who have little knowledge of the techniques discussed. An important lesson in putting work into perspective. Highly recommended”

This course will be delivered by Richard Wills Training Associates on behalf of the AEA.

Dates and venues

**Monday 7 February 2022 –
13.30 to 16.30**

Online – via Microsoft Teams

Cost

AEA Members

AEA member – £50 (plus vat)

Non-member

Non AEA member – £125 (plus vat)

Non-members who would like to join the Association can apply for membership online at www.aea-elections.co.uk/join

Terms and Conditions

Cancellation

If you cannot attend, a substitute may attend in your place. Otherwise the following charges will apply:

- Less than two weeks before the event 100%.
- Less than four weeks before the event 60%
- More than four weeks before the event £20.

If for any reason a course is cancelled a full refund will be made. No payment for delegate costs that may have been incurred would be reimbursed.

Non-Attendance

Non attendees are liable for full payment of the event. This includes face-to-face and online training.

If attendees have any concerns regarding connectivity they can email training@aea-elections.co.uk to arrange a pre course test.

[Find out more about our full range of training courses and professional qualifications on our website](#)