

Resilience In Turbulent Times

COURSE OUTLINE



DYNAMIC TRAINING BY THINK LEARN SUCCEED

**Reduce stress and boost resilience,
so you can handle Covid-19 disruption
without burning out**

Course overview

During times of uncertainty or disruption, people with resilient mindsets suffer less stress and overcome problems more effectively. In this workshop, you'll explore key thinking habits which boost resilience. Discover how to manage your brain's 'negativity bias', so you can reduce rumination or excessive worry about the future. Handle feelings of overload by using 'cognitive load theory' to shift your work habits (especially when working from home). Challenge catastrophic thinking patterns which can deplete your energy and lower your mood. Learn how to feel calmer and more resourceful despite adversity.

What you'll learn in this course

By the end of this course, you should be able to achieve these results.

- Understand why your mind processes different types of crises in different ways
 - Know what is normal - and what's not - when people face pandemic stress
 - Define resilience and pinpoint ways building mental stamina will help you cope with the Covid19 crisis
 - Challenge catastrophic thinking patterns, in order to reduce pandemic anxiety
 - Develop an action plan for reducing mental overload during this time of unprecedented disruption and change
 - Shift out of 'learned helplessness' mode (or help other people do the same)
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Topics you'll cover

- Introduction to 'crisis psychology'
- Shifting out of reactive mode
- Overcoming feelings of helplessness or anxiety
- Dealing with overwhelm and change fatigue
- Developing 'grit' and endurance
- Thinking optimistically

Meet your facilitator

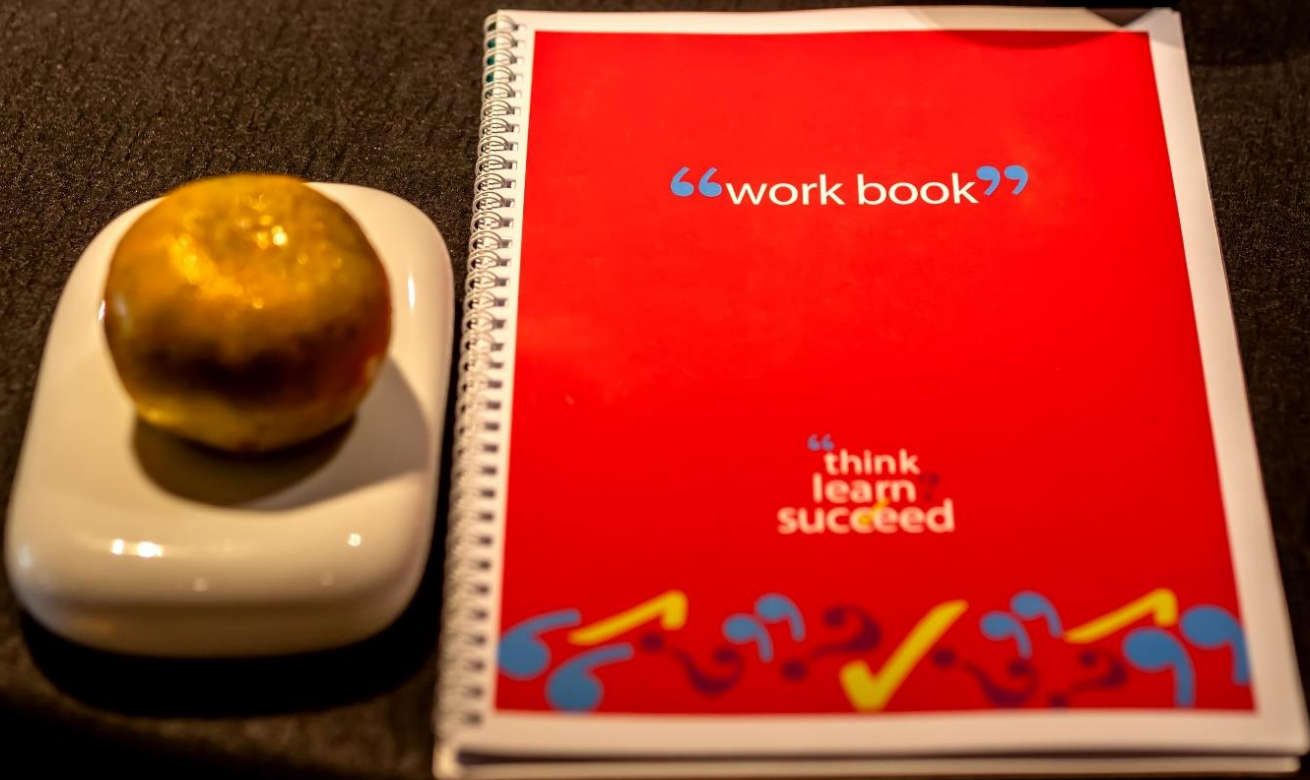
Eleanor Shakiba is a positive psychology trainer and success coach. Her training style is dynamic and bold, with a dash of quirky humour. She believes that interaction, activity and experimentation promote learning. That's why she uses experiential training techniques instead of 'chalk and talk' lectures.

In her early career, Eleanor ran an educational theatre company. In the mid 1990s, Eleanor discovered her passion for facilitation and adult education. She worked for ten years as a trainer and facilitator at the University of Sydney. In 2006, she founded Think Learn Succeed – a business which delivers training courses and coaching. Eleanor loves working with 'positive deviants'. These are people who differ from the norm in constructive ways. Eleanor works with positive deviants to create vibrant business cultures and peak performance.

Eleanor is qualified in Social Anthropology, Adult Education, Counselling and Positive Psychology. She delights in helping professionals learn skills for success in the real world, using interactive learning techniques. Her students describe Eleanor as 'a lively and enthusiastic presenter who can keep you engaged for hours.'

Creativity is Eleanor's signature strength. She loves using it to write books, video scripts and online training programs. Eleanor is the author of *Difficult People Made Easy* and is currently writing her second book, *6 Habits of Savvy Female Negotiators*. She has also created over 120 training programs and a range of online learning courses.





BOOK THIS COURSE FOR YOUR TEAM
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