

Building Resilience in a Fast-Paced World

Thrive in challenging situations, curb stress and improve your performance by building personal resilience in the workplace.

Today's business world is moving at an ever-increasing speed, with the time to bounce back from stressful and challenging experiences or projects decreasing. Building resilience can counter this, allowing professionals to view stressful situations clearly and work more effectively and efficiently. Resilience is a dynamic process gained by advancing problem-solving skills and developing the ability to work autonomously.

Evolve with QUTeX

Learn to embrace the fast pace of daily life and enjoy work more with QUTeX's expert facilitators. Be immersed in techniques to boost your flexibility, adaptability, optimism and ability to learn from experience to enhance your professional resilience and thrive in tomorrow's workplace.

Core concepts

Develop strategies to;

- Evaluate the benefits of resilience at work;
- Utilise the seven key components of resilience;
- Deal with challenging times and stress;
- Remain a positive influence on those around you;
- Create an action plan to thrive in today's business environment; and
- Develop a healthy work-life balance.

Who should participate?

This course builds the resilience of business leaders and managers and equips human resources professionals with the latest innovations and frameworks to foster workplace harmony.

Your expert facilitator Kerry Azar

Kerry Azar has first-hand experience of the personal and professional issues that come with high-level positions. She successfully established the European subsidiary of an ASX-listed aerospace and defence organisation, including establishing and implementing the company's financial, regulatory, and human resources frameworks. Kerry's expertise covers diverse organisations including state and federal governments, fast-moving consumer goods, banking and finance, defence, and global retail.

 Duration: 1 day

 Certificate of Attendance

 Cost: From \$790

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Cost

Early Bird registration	\$790 (inc. GST)
Standard registration	\$880 (inc. GST)
QUT Alumni / Staff registration	\$660 (inc. GST)
Group registration (4 or more)	\$790 per person (inc. GST)