

Resilience in the Workplace - Tailored Learning

Course Description

Content & Overview

This practical and engaging workshop will help you build resilience to cope with everyday challenges at work and during job searching. You will explore what resilience really means, why it matters in the workplace, and how small changes in thinking and behaviour can make a big difference to confidence, motivation and wellbeing during stressful or uncertain times.

Course Details

You will develop practical strategies to manage stress, handle rejection and setbacks, and stay positive during periods of pressure or change. Through discussion and interactive activities, you will learn how to reframe negative thoughts, break challenges into manageable steps, use simple stress-management techniques, and create a personal resilience toolkit you can use in work and job-search situations.

Suitable for

Those seeking work, or currently employed and wanting to improve their resilience levels.

Entry requirements

19+ years on August 31st 2025.

Delivery Method

Face to face

Progression route

Learners who complete this workshop may wish to progress onto further tailored learning courses to support their employment journey, such as CV, application and interview workshops. They may also wish to progress onto further wellbeing tailored learning courses.

Additionally, learners may progress onto qualifications such as English, maths, IT and more.

DISCLAIMER:

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When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident.

Our dedicated team will be happy to help – just call us on

01724 297146 or contact us on <https://northlincsadulteducation.co.uk/contact/>