



Building Individual Resilience

A practical one-day course for understanding stress, strengthening coping and building sustainable personal resilience.

Overview

Resilience is often misunderstood as toughness, positivity or the ability to keep going no matter what.

Building Individual Resilience helps participants understand what happens to the body and mind under pressure, why some patterns of stress become self-reinforcing and how resilience can be built through better awareness, healthier coping and practical daily habits.

The result is a practical and accessible course that gives people a common language, a stronger mental model and simple tools they can use straight away.

Why organisations use this course

People are often expected to perform under pressure without ever being taught what pressure does to attention, emotion, memory, behaviour or decision making.

Over time, overload can become normal. Energy drops. Focus narrows. Recovery weakens. Unhelpful coping habits become embedded.

- Understand the physiology of stress and overload
- Recognise early signs in themselves
- Build healthier coping responses
- Strengthen resilience across four connected domains
- Make small practical changes that compound over time

What the course covers

- The physiology of overload, including stress, anxiety, worry and automatic threat responses
- How mindset, perception and coping shape response under pressure
- Practical techniques for emotional regulation, including grounding, breathing and reframing
- The four domains of resilience: biological, psychological, interpersonal and existential
- Practical application through reflection, habit building and personal action planning

Training Outcomes

- A stronger understanding of how stress affects performance
- Practical techniques to regulate emotion and regain clarity
- A simple framework for building resilience over time
- A clearer sense of where their own resilience may need strengthening
- Ideas they can apply immediately at work and beyond

Who It's For

This course is suitable for professionals and teams working in demanding environments where pressure, uncertainty, change or sustained workload can affect wellbeing, judgement and performance.

It is particularly relevant for organisations that want to move beyond generic wellbeing language and give people a clearer framework for understanding how resilience is built.

The impact is often strongest when whole teams attend together, building a shared understanding and a common language that can be applied more easily in day-to-day work.

Delivery

Duration: One day

Format: On-site or live virtual

Style: Interactive, practical and evidence-informed

Next Steps

Contact us to discuss delivery options and whether this course is right for your people.

Why Learn Resilience Now?



Duncan Maddox

Duncan brings over 30 years of experience from fintech, banking and technology, leading and contributing to high-performing teams.



David Yates

David is a professional pilot and Human Factors instructor within one of the world's most demanding and safety critical industries.

Resilience is not about being tougher or working harder. It is adaptive capacity, based on how people think, communicate and make decisions when conditions are difficult.

LRN training helps individuals recognise pressure earlier, teams communicate more openly when problems emerge and organisations learn and recover faster in challenging environments.