

Formations offertes en anglais

Achieving Resilience

Overview

Workplaces are in a state of constant transformation. This fact has brought about increasingly complex challenges for individuals and teams, who must make major adaptations as they face new workplace realities. Since the COVID-19 epidemic, the world itself has changed, and it appears the pace of future change will only accelerate. We can, therefore, anticipate further significant disruption to our personal and professional lives.

Each person reacts and adapts differently to any given situation. A resilient person rolls with the punches, adapts positively to new and more difficult situations, resulting in enhanced personal well-being, confidence and emotional balance. Achieving resilience is an essential strategic skill which allows the individual to prosper in a BANI (Brittle, Anxious, Non-linear, Incomprehensible) world.

This practical learner-centred course provides an opportunity to take a step back and discover new aspects within yourself, encouraging you to use your own strengths and personal power as means to deal differently and more positively with the challenges of the 21st century. You will discover several simple yet powerful tools and exercises which will help you develop your resilience and continue on this path well after the training session has been completed.

Learning Outcomes

This course is focused on developing your resilience through four factors: attention, beliefs-thoughts, motivation, and action.

This course will enable you to:

- acquire greater self-awareness and self-control,
- change your mindset when faced with difficult situations,
- identify your personal power zone and invest your energy differently for greater well-being,
- choose an adaptation strategy appropriate to each situation,
- apply techniques, use simple and powerful tools in order to bounce back and prosper.

Topics Covered

- Defining resilience
- Metaphor of the sailboat and the captain
- Well-being and real-life experiences
- Building resilience through the power of:
 - attention,
 - beliefs-thoughts,
 - motivation,
 - action, adaptation, change and decision-making
- Action plan

Educational Approach

The educational approach of this course is dynamic, practical, interactive and learner-centred. It will involve presentations, introspection, group discussions, individual and group exercises.

Audience

Any person who wants to develop their resilience and ability to adapt while improving their overall well-being.

Duration and Continuing Education Units (UFC-UQO)

This is a training course of 7 hours, equivalent to 0.7 UFC-UQO.

Instructor

Catherine-Julie Charette is a pioneer in the fields of organizational agility and management innovation. With over 20 years of multi-sector experience in management, coaching, conception and broadcasting of training and conferences in Canada and internationally, Catherine has worked for large companies such as Bell Canada, France Télécoms, Cirque du Soleil, Banque Nationale, Clarins, KPMG, and Bombardier, as well as for several public sector organizations and OSBL.

Ms. Charette holds a Master's degree in organizational development and the following certifications:

- PCC from the International Coach Federation
- PCM Trainer of the Process Communication Model
- TPLC Transformational Presence Leadership and Coach Training from the Centre for Transformational Presence
- ICP-LEA Leading with Agility from the Agile Leader Academy

In 2011, Ms. Charette founded her company, with the goal of training, coaching and advising individuals, teams and organizations seeking to prosper in the BANI^[1] world, which is geared towards job satisfaction, leadership development, resilience, collective and emotional intelligence, communication, and agility. Catherine's coaching clients, along with the thousands of people who have attended her conferences and training sessions, appreciate her enthusiasm for building relationships, her competence and her pragmatism.

<https://formation-continue.uqo.ca/formation-continue/achieving-resilience>