



Resilience, Stress Management and Mindfulness



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🕒 1 day 📍 Live Online 💰 \$ 850

This essential short course for professionals teaches the fundamentals of how to build resilience, manage stress and practice mindfulness at work. You'll learn supportive and practical tools to cope with the pressures of the modern workplace and take care of your mental wellbeing so you can lead and perform at your best.

In a world where occupational stress is on the rise, we're constantly told to become more resilient. But how do you actually do it?

This resilience and mindfulness training course will introduce you to new skills, tips and exercises to manage and self-regulate feelings and emotions at work. You'll gain an awareness of your mindset and internal questions and learn helpful ways to shift negative thinking and relax at work. You'll understand the impact stress has on body and mind so you can identify it in yourself and others.

The benefits of applying these tools and practices at work include feeling greater resilience, reduced stress, improved concentration, increased productivity and a greater ability to manage interpersonal conflict. You'll leave the course feeling more in control of your stress levels at work, and better equipped to manage whatever your professional or personal life throws at you.



Discover more at
swj.nu/resilient

Course highlights

- Understand the physical and mental impact of stress.
- Learn practical strategies to reduce stress and anxiety at work
- Develop techniques to build greater personal and professional resilience.
- Mindfulness exercises to reduce reactivity and handle workplace pressure.
- Tools to deal with workplace conflict and challenging conversations.
- Exercises to effectively manage distractions and maintain attention and focus.

Learning objectives

By completing this course, participants will be able to:

- Reduced stress and anxiety
- Increased life satisfaction
- Increased self-awareness and presence
- Reduced risk of mental health illness
- Improved productivity and motivation
- Better decision making
- Clearer thinking
- Improved interpersonal relationships

Pre-course work

There are no pre-requirements for this course.

Dates

View dates and register for this course.

Who should attend?

This short course is for anyone wanting to learn effective tools and techniques to improve resilience, manage stress and practice mindfulness in the workplace.

What you can expect

- A workbook to take home or to work that you can reference back to.
- Learn alongside professional peers, and network.
- Pathways to continue your studies with Swinburne Edge.
- The immediate knowledge and confidence to implement your new skills.

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The Swinburne Edge difference

Swinburne Edge is a division of Swinburne University that exclusively services professionals. We offer professional development to people with existing skills and experience, who are ready to up-skill or formalise their skills for their next career stage. Immerse yourself in a Swinburne Edge short course or qualification to enhance your current knowledge with fast-tracked, practical learning that gets you to your goal faster.

For further information, contact our Continuing Professional Education Advisors on 1800 633 560 or edge@swinburne.edu.au.




"The workshop content was absolutely amazing. It exceeded all my expectations."

Drianne
Participant,
Project Management Fundamentals





Contact us

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