



TRAINING SESSIONS

**PURSUIT**  
PEOPLE SOLUTIONS

**LUNCH & LEARN**

## Building Resilience

### COURSE OBJECTIVE

For employees to develop an understanding of the role of stress in their life; and to gain strategies for building resilience.

### COURSE CONTENT

- What is stress?
- Negative and positive stressors.
- Test your stress levels.
- Recognising the signs of stress.
- The risk of burn-out.
- Developing stress toughness.
- Wrap up and Evaluation sheets.

### WHO SHOULD ATTEND? Anyone who would like to:

- Recognise the onset of personal stress symptoms.
- Develop more resilience in handling stress.
- Feel less overwhelmed by their environment and more in control of their life.

### COURSE RATIONALE

Stress impacts on people's physical and emotional states. Stress can have a major impact on one's performance. This session will encourage how to increase peoples bounce factor and give you tips on how to address productivity at the root cause.

**CALL TODAY**  
**08 8104 0707**

website  
[www.pursuitpeoplesolutions.com.au](http://www.pursuitpeoplesolutions.com.au)

email  
[linda@pursuitrecruitment.com](mailto:linda@pursuitrecruitment.com)