

Train your Resilience

Group Training

Training code	CGATRJKCD
Spoken Language	Dutch
Language Materials	English
Dayparts	3
Price	€1.100,00 excl. VAT No extra costs.

What is Train your Resilience

You will learn to develop resilience to thrive in an environment filled with expectations, demands, and opportunities. This leads to performance pressure - the feeling that you should be capable of more, know more, and do more than you can handle. At times, this can be overwhelming, causing you to get carried away and lose yourself. We know that this contributes to a high rate of burnout. There is a clear need for strengthening resilience in these demanding times.

The training is based on habits that successful people show and help them to be successful. We have selected those habits that contribute to your own effectiveness, because your life is centered in this training. In the first part of the training, you will learn what it takes to live proactively: you will discover how to prioritize based on your own values. We also focus on assertiveness.

The second part of the training deals with handling stress. You will create a resilience plan and learn how to use it to stay stable during challenging moments.

Who should attend Train your Resilience

The training is specifically designed for those seeking a personal, powerful, and long-term approach to our contemporary challenges. You will gain insights and tools that enable you to respond resiliently to the inevitable ups and downs of life.

Prerequisites

There are no prerequisites for this training.

Objectives

After this training, you will have the self-knowledge and tools to increase your resilience. Your foundation is solid, and you know how to apply this in your daily life. This provides peace and clarity during challenging

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moments and greater overall confidence.

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Capgemini Academy's professionals offer what people in IT need. Our professionals have a keen eye for motivation, talent and are aware of specific contexts and circumstances. They move people to move. Programmes and courses that originate from daily experience of our both didactical and substantively strong trainers, light a fire within the individual IT professionals. Real life stories of our professionals' experience that tell how to solve problems and work with the people around it, do the rest.

An organization, like ours, helps people and their organizations day by day to get the best out of themselves and each other. We prepare them to defy tomorrow's challenges. We stimulate learning and curiosity. In order for individual IT professionals and their employers, to build better, longer and more intensive relationships. For mutual benefit.

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