



“ You can’t stop the waves but you can learn to surf ”

Jon Kabat-Zinn

Resilience E-training lets you enhance your **personal** and **professional resilience** anywhere, anytime.

E-training can be used as a stand alone programme, or in conjunction with, Umbrella's face-to-face resilience workshops.

RESILIENCE E-TRAINING MODULES:

8 training modules cover a different building block of resilience, shown below. Each module includes a downloadable action plan, which encourages users to personalise their learning and practice resilience skills.

The training can be accessed via our online learning platform or hosted on your organisation's learning management system.

FEATURES OF RESILIENCE E-TRAINING:

- **Enhance Your Resilience**
Practical skills and tools to begin strengthening your resilience.
- **Secure Cloud Access**
Convenient and flexible cloud based access available 24/7.
- **Achieve Your Goals**
Weekly email or text reminders and action plans to help you stay on track with your goals.

FOR A FREE DEMONSTRATION OR
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and Resilience



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Realistic
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