

[View Full Course Details including Latest Schedule Online](#)

PHOENIX TS Resilience

BONUS! Cyber Phoenix Subscription Included: All Phoenix TS students receive complimentary ninety (90) day access to the Cyber Phoenix learning platform, which hosts hundreds of expert asynchronous training courses in Cybersecurity, IT, Soft Skills, and Management and more!

- Course Overview

This 1-day instructor-led course is designed to give students the skills that will promote honesty, and trust; plus build resilience throughout an organization. Having resilient employees is crucial in creating an environment that is a safe place for everyone to work. This course will help participants:

- Learn how to rebound from adversity
- Build self-esteem as a foundation for resilience
- Establish connections to create a support network
- Develop the ability to accept and embrace change
- Learn how to overcome obstacles using flexible thinking

Schedule

Currently, there are no public classes scheduled. Please contact a Phoenix TS Training Consultant to discuss hosting a private class at 301-258-8200.

Course Outline

Module 1: Getting Started

Module 2: Empower Staff

Module 3: Transparent Communication

Module 4: Keep Promises

Module 5: Respect

Module 6: Develop Positive Relationships

Module 7: Personality Types

Module 8: Acceptance and Management

Module 9: Overcoming Adversity

Module 10: Stress Management

Module 11: Stay Motivated

Module 12: Wrapping Up

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Starting at **\$795**

ATTENTION

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GSA



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