



INTERPERSONAL SKILLS AND SELF DEVELOPMENT | ISSD-005

Building Resilience and Managing Stress

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Course content

Why Attend

Constant change, high workloads and uncertainty test everyone's resilience. Resilient people adapt, recover from setbacks and maintain performance and wellbeing.

This Aractech course covers understanding stress, resilience factors, mindset and thinking patterns, emotional regulation, physical wellbeing, social support, coping with change and setbacks, and building a personal resilience plan.

Course Methodology

- Interactive sessions
- Self-assessments
- Practical techniques
- Group discussions
- Personal planning

Course Objectives

- Understand stress and resilience
- Recognise personal stress signals
- Use helpful thinking patterns
- Regulate emotions under pressure
- Strengthen physical and social resources
- Build a personal resilience plan

Target Audience

- Professionals at all levels
- Managers

Course content

- Frontline staff
- Teams experiencing change

Course outline

Detailed course outline

Day-by-day outline for Building Resilience and Managing Stress.

Day 1 - Stress and Resilience

- 09:00-09:45 | Stress response
- 09:45-10:30 | Resilience factors
- 10:30-11:00 | Self-assessment
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Self-assessment (continued)
- 11:45-12:30 | Myths
- 12:30-14:00 | Exercise: Stress map

Day 2 - Mindset

- 09:00-09:45 | Thinking traps
- 09:45-10:30 | Reframing
- 10:30-11:00 | Optimism
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Optimism (continued)
- 11:45-12:30 | Growth mindset
- 12:30-14:00 | Workshop: Reframing practice

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Day 3 - Emotions

- 09:00-09:45 | Emotional awareness
- 09:45-10:30 | Regulation techniques
- 10:30-11:00 | Mindfulness
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Mindfulness (continued)
- 11:45-12:30 | Recovery
- 12:30-14:00 | Practice: Calming techniques

Day 4 - Resources

- 09:00-10:17 | Sleep, exercise and nutrition
- 10:17-10:56 | Relationships
- 10:56-11:00 | Support networks
- 11:00-11:30 | Coffee break
- 11:30-12:05 | Support networks (continued)
- 12:05-12:43 | Boundaries
- 12:43-14:00 | Exercise: Resource audit

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Day 5 - Change and Setbacks

- 09:00-09:54 | Coping with change
- 09:54-10:48 | Setbacks
- 10:48-11:00 | Learning
- 11:00-11:30 | Coffee break
- 11:30-12:12 | Learning (continued)
- 12:12-13:06 | Sustaining
- 13:06-14:00 | Capstone: Personal resilience plan

Seminar dates

Available seminar dates

Live dates and pricing for Building Resilience and Managing Stress generated from the course details page.

Date	Location	Format	Fee
16 - 20 November 2026	Frankfurt	Classroom	€1,875
7 - 11 December 2026	Rome	Classroom	€3,460
11 - 15 January 2027	Cape Town	Classroom	€1,625
8 - 12 February 2027	Barcelona	Classroom	€2,815
8 - 12 March 2027	Paris	Classroom	€3,825
12 - 16 April 2027	Frankfurt	Classroom	€1,875
10 - 14 May 2027	Barcelona	Classroom	€2,815
14 - 18 June 2027	Frankfurt	Classroom	€1,875
12 - 16 July 2027	Rome	Classroom	€3,460
9 - 13 August 2027	Vienna	Classroom	€3,225

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13 - 17 September 2027	Barcelona	Classroom	€2,815
11 - 15 October 2027	Paris	Classroom	€3,825
8 - 12 November 2027	Frankfurt	Classroom	€1,875
13 - 17 December 2027	Barcelona	Classroom	€2,815
16 - 20 November 2026	Online / Live	Online / Live	€1,815
7 - 11 December 2026	Online / Live	Online / Live	€1,815
11 - 15 January 2027	Online / Live	Online / Live	€1,815
8 - 12 February 2027	Online / Live	Online / Live	€1,815
8 - 12 March 2027	Online / Live	Online / Live	€1,815
12 - 16 April 2027	Online / Live	Online / Live	€1,815

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10 - 14 May 2027	Online / Live	Online / Live	€1,815
14 - 18 June 2027	Online / Live	Online / Live	€1,815
12 - 16 July 2027	Online / Live	Online / Live	€1,815
9 - 13 August 2027	Online / Live	Online / Live	€1,815
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