



# RESILIENCE

## SKILLS FOR EVERYDAY LIFE

A practical course that helps individuals strengthen emotional resilience through self-reflection, stress awareness, and a personalized Resilience Plan, empowering them to navigate life's challenges with confidence and clarity

### COURSE DETAILS

 4 hrs

 S\$120/pax

 Minimum 10 to maximum 30 learners

 Available in Physical and Online Format

**JOIN NOW**



### Contact Details

 +65 8020 7130

 [cpss@redcross.sg](mailto:cpss@redcross.sg)

## LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Recognize the key characteristics of resilience and reflect on how resilience can be developed through life experiences
- Identify common sources of stress and describe how stress and adversity affect emotional and physical well-being
- Apply self-care techniques and map personal support systems to strengthen resilience in daily life

## COURSE STRUCTURE

### 01

#### **Foundations of Resilience**

Understand the importance of resilience, and how it develops through life experiences

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### 02

#### **Navigating Stress and Life's Challenges**

Identify everyday stressors and explore how stress and adversity affect our mental, emotional, and physical well-being

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### 03

#### **Strengthening Resilience through Self-Care and Support**

Discover practical self-care strategies and recognize the importance of support systems in building long-term resilience

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