



Training

Building resilience at the frontline

Resilience is the ability to recover and bounce back from adversity and hardships, feeling stronger and more capable to cope than ever before. Our resilience training programmes will provide you, your leaders, managers and teams with the necessary skills to achieve this.

Why should I attend?

- You will learn the relationship between work pressure, performance, morale and resilience.
- What your natural strengths are and how to manage risks.
- How to respond positively to the pressures and demands of working life.
- Identify opportunities to thrive and how resilience can help you be more flexible and adapt to change.

How is the course delivered?

Our courses run from 09:45 – 16:30. Delivered by expert trainers they bring together formal training with day-to-day experience. Small groups enable delegates to benefit from a high level of interaction with peers and trainers alike, and content informed by CIH's policy and practice expertise ensures they leave with a greater understanding of current housing issues.

Who should attend?

Anyone responsible for teams and individuals who are looking to develop their resilience at work, managers looking to help their team members deal with setbacks constructively, teams wanting to develop a high performing, supportive culture and environment and individuals who feel they could benefit from being better equipped to bounce back from failure, setbacks or adversity.

Benefits of training with CIH

Our training programme is designed to ensure housing professionals and organisations are equipped to overcome the challenges they face day-to-day.