



UMBRELLA



“ The secret of change is to focus all of your energy, **not on fighting the old, but on building the new.** ”

Socrates

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

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



Understanding Stress and Psychological Resilience



Physical Health



Flexible Thinking



Realistic Optimism



Managing Emotions



Positive Emotions



Smart Working and Recovery



Strong Relationships

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.
- **Learn at Your Pace**
Self-directed modules to let you take control of your learning.
- **Personal Buy Now options**
- **Integration into your organisation's LMS**
- **Eight training modules**
Cover a different block of resilience.

FOR MORE INFORMATION OR REFEREE DETAILS CONTACT

SARA MCLAY
CUSTOMER BUSINESS MANAGER

T 0800 643 000
E allworkshops@umbrella.org.nz

Visit umbrella.org.nz