



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.

RESILIENCE E-TRAINING TEACHES THESE SKILLS AND MORE



Improving Physical Health



Improving Work Performance and Recovery



Realistic Optimism



Tools for Improving Well-Being



Smart Thinking



Managing Emotion Under Pressure

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.**

FOR MORE INFORMATION OR REFEREE DETAILS CONTACT

Sara McLay
Customer Business Manager

M +64 2153 2149
E Sara@umbrella.org.nz

Visit umbrella.org.nz