



Boosting Resilience

Course Overview

In the same way that rocks in a river have water constantly pushing on them, we face stressors and challenges in our day to day life. Just like the rocks that manage to stay in one place or only move slightly downstream as water flows around them, we want to build capacity to manage various stimulus that comes our way more effectively.

This course is designed for anyone who wants to develop the ability to withstand that constant force around them without getting completely swept downstream. Like all Boost Institute courses, it is based on science and delivered with an artistic approach that makes it specific to your group. Regardless of the demographic, the completion of this five-part course will leave participants feeling more solid and able to withstand the pressures as they come.

Each module is 45-60 minutes and can go longer depending on level of interaction of participants. The entire course can be delivered in a full day format, over two half days, or by introducing a single module per day over a specified period. It is offered both in person and online.

Course Structure

Module 1: Learning By Listening To Your Body

Why your body reacts to change, fear, and stress a certain way. What it means. How to make sure you still learn and can use those things to perform even better.

Module 2: Maintaining Focus During Stress and Change

How to make sure that our focus is on things we can control and giving earning tools to stay in the space where the uncontrollable don't become a distraction.

Module 3: Communicating When Receiving Feedback

Ensuring that we hear everything being given during feedback, as well as that we share our thoughts, questions, and feelings appropriately.

Module 4: Ego and Performance

Ego isn't necessarily a bad thing. How can we use it in order to perform better?

Module 5: Learning During Tough Conversations

What is the purpose of challenging conversations and how to ensure that emotional response doesn't get in the way of learning opportunities.

Booking and Course Cost

- This course is booked through www.boostinstitute.ca/bookboost
- Cost varies depending on delivery method, timelines, and additional needs in delivery
 - All modules can be delivered in more in depth formats as requested



For more information on hosting or attending a course, please contact Boost Institute at admin@boostinstitute.ca