

# Building Resilience to Change

**Category:** Leadership & Professional Development | **Vendor:** Leadership & Professional Development

**Duration:** 8.00 hours (1 days)

**6.5 CPD Hours**

**Rating:** ★ 4.6 (5,878 reviews)

## Course Information

**Language:** English

**Delivery Format:** Instructor Led - Online

## Course Overview

This one-day course will help you navigate changes in your professional and personal life. Learn about the personal transition process and how to build resilience and agency to the challenges change presents. Understand the underlying reasons for your responses to change and learn key tips to help you overcome resistance, and how to sustain your resiliency to change. Private classes on this topic are available. We can address your organization's issues, time constraints, and save you money, too. Contact us to find out how. This course has been approved for 7 PDUs | 7 CDUs

## About This Course

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## Who Should Attend

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This course is intended for anyone who wants to understand the personal change process and learn how to be more resilient in coping with change. It will help you understand the underlying reasons for your responses to change, how to overcome resistance, and how to sustain your resilience for future changes.



## Additional Course Details

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Nexus Humans, Building Resilience to Change training program is a workshop that presents an invigorating mix of sessions, lessons, and masterclasses meticulously crafted to propel your learning expedition forward.

This immersive bootcamp-style experience boasts interactive lectures, hands-on labs, and collaborative hackathons, all strategically designed to fortify fundamental concepts.

Guided by seasoned coaches, each session offers priceless insights and practical skills crucial for honing your expertise. Whether you're stepping into the realm of professional skills or a seasoned professional, this comprehensive course ensures you're equipped with the knowledge and prowess necessary for success.

While we feel this is the best course for the ITS Data Analytics course and one of our Top 10 we encourage you to read the course outline to make sure it is the right content for you.

Additionally, private sessions, closed classes or dedicated events are available both live online and at our training centres in Dublin and London, as well as at your offices anywhere in the UK, Ireland or across EMEA.

# Frequently Asked Questions

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## **Q: What delivery options are available for Building Resilience to Change?**

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
  - Traditional Instructor-Led Classroom Training (ILT)
  - On-site delivery at your offices anywhere in United Kingdom
  - Private dedicated courses customized for your team
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## **Q: How many CPD hours does this course provide?**

The 1-day Building Resilience to Change course provides up to 6.5 CPD hours of structured learning. CPD certificates can be provided upon request.

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## **Q: What is the duration of the Building Resilience to Change training?**

The training takes place over 1 day(s), with each day lasting approximately 8.00 hours including breaks for lunch and refreshments.

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## **Q: Do you provide corporate training for Building Resilience to Change?**

Yes, we provide corporate training, dedicated training, and closed classes for Building Resilience to Change. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

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## Q: Why choose Nexus Human for Building Resilience to Change?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

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## Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Building Resilience to Change training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

# Nexus Human

## Professional Training & Development

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