



بناء الصمود لدى الطلاب والفرق في العالم العربي

Duration: 5 Days

Language: ar

Course Code: IND08-115

Objective

:By the end of this course, participants will be able to

- .Understand the science and key components of resilience
- .Recognize factors that strengthen or undermine resilience in individuals and groups
- .Develop strategies to help students and teams manage stress and setbacks constructively
- .Create emotionally safe environments that encourage growth and persistence
- .Teach and model resilience-building practices in daily interactions
- .Foster a culture of optimism, collaboration, and adaptability

Audience

:This course is ideal for

- .Teachers and lecturers at all levels
- .School principals, coordinators, and team leaders
- .Corporate and educational trainers
- .Youth workers and coaches
- .HR professionals and managers overseeing teams
- Anyone committed to strengthening the emotional and mental resilience of their learners
- .or team members

Training Methodology

The course combines engaging presentations, reflective exercises, group discussions, case studies, and practical activities. Participants will develop actionable plans to strengthen resilience in their students or teams, tailored to their unique context

Summary

Resilience — the ability to adapt, recover, and grow stronger in the face of challenges — is a crucial skill for both learners and teams in today's unpredictable world. Whether in the classroom, on a project team, or within a school community, fostering resilience leads to improved wellbeing, higher engagement, and better long-term outcomes

This course equips educators, trainers, and leaders with practical tools and strategies to build resilience in students and teams. You'll learn how to create supportive environments, teach coping skills, and model resilience yourself — inspiring those you lead to thrive even in tough times

Course Content & Outline

Section 1: Understanding Resilience

- What is resilience and why does it matter in education and leadership
- The psychology and neuroscience of resilience
- Myths about resilience and how to overcome them
- Signs of low vs. high resilience in students and teams
- Activity: Self-assessment of personal and team resilience levels

Section 2: Building Individual Resilience

- Identifying personal strengths and growth areas
- Teaching self-regulation, positive self-talk, and problem-solving
- Helping individuals reframe setbacks as opportunities
- Strategies for managing emotions, stress, and anxiety

- Activity: Developing a personal resilience toolkit

Section 3: Fostering Resilience in Students

- Creating emotionally safe and supportive classrooms
- Encouraging a growth mindset and perseverance in learners
- Teaching coping skills and mindfulness techniques
- Supporting students through failure and celebrating progress
- Activity: Designing a lesson or activity that builds student resilience

Section 4: Strengthening Resilience in Teams

- Characteristics of resilient teams and how to cultivate them
- Building trust, open communication, and shared goals
- Navigating conflict and maintaining morale during challenges
- Promoting collective problem-solving and mutual support
- Activity: Facilitating a resilience-building team session

Section 5: Sustaining a Resilient Culture

- Leading by example and modeling resilience daily
- Embedding resilience into policies, routines, and culture
- Recognizing and addressing burnout before it spreads
- Maintaining resilience through continuous learning and adaptation
- Final group exercise: Crafting a resilience action plan for your class or team

Certificate Description

Holistique Training عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات ISO 29993، ISO 21001 أو ISO 9001 كما أنها معتمدة وفق معايير (CPD) المستمر.

لهذه الدورة من خلال شهادتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر واحدة عن كل ساعة CPD يتم منح نقطة CPD، ووفقاً لمعايير خدمة اعتماد Holistique Training التدريب من لأي دورة واحدة نقدمها حالياً CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة

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