



RESILIENCE

SKILLS FOR EVERYDAY LIFE

A practical course that helps individuals strengthen emotional resilience through self-reflection, stress awareness, and a personalized Resilience Plan, empowering them to navigate life's challenges with confidence and clarity

COURSE DETAILS

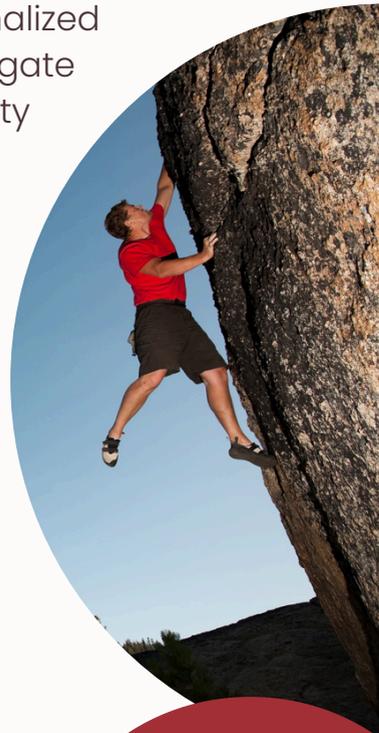
 4 hrs

 S\$120/pax

 Minimum 10 to maximum 30 learners

 Available in Physical and Online Format

JOIN NOW



Contact Details

 +65 8020 7130

 cpss@redcross.sg

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LEARNING OUTCOMES

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

- Recognize the key characteristics of resilience and reflect on how resilience can be developed through life experiences
- Identify common sources of stress and describe how stress and adversity affect emotional and physical well-being
- Apply self-care techniques and map personal support systems to strengthen resilience in daily life

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COURSE STRUCTURE

01

Foundations of Resilience

Understand the importance of resilience, and how it develops through life experiences

02

Navigating Stress and Life's Challenges

Identify everyday stressors and explore how stress and adversity affect our mental, emotional, and physical well-being

03

Strengthening Resilience through Self-Care and Support

Discover practical self-care strategies and recognize the importance of support systems in building long-term resilience
