



**30TH**  
**ANNIVERSARY**  
1995-2025

30 Years of Inspiring Growth  
Empowering Minds and Shaping Futures



**RATING 4.74/5**

# BUILDING PERSONAL RESILIENCE

In a world full of constant challenges and change, resilience is the cornerstone of success. Whether recovering from setbacks, adapting to new situations, or staying calm under pressure, resilient individuals are not only able to cope—they emerge stronger. Those equipped with resilience skills can navigate challenges, boost productivity, enhance well-being, and maintain a clear focus on long-term goals. The ability to stay composed and decisive, even under pressure, is essential for driving success in today's demanding environment.

This program focuses on building personal resilience and offers tools for individuals to develop the ability to effectively cope with and adapt to life's challenges, adversities, and stressors while maintaining or quickly regaining emotional balance and a positive outlook. You will learn practical strategies to help you thrive during tough times.

## WHAT YOUR PEOPLE WILL LEARN?

- **Understanding Resilience and Its Role:** Recognize personal resilience as the ability to bounce back from challenges and adapt positively to adversity
- **Enhance Stress Management:** Provide participants with strategies to manage and reduce stress, helping them stay focused, composed, and resilient in high-pressure situations.
- **Developing Personal Resilience Strategies:** Learn practical techniques to strengthen personal resilience and mitigate negative impacts on well-being.
- **Mastering Psychological Models:** Understand and apply psychological frameworks to enhance resilience.

## METHODS OF DELIVERY

- **Actionable tools** and **strategies** to develop personal resilience
- **Role-plays** to assimilate real-world scenario
- Integrate **organizational values and cultural beliefs** into the training program to ensure relevance and alignment.
- **Success stories** and **real-life case studies**
- Utilize **tools** like the **ABC Technique** to help participants reframe their thoughts and **manage reactions to stress.**



## WHO WILL BENEFIT?

**Executives & above**



## PROGRAM DURATION

**2 Days**

## FACILITATOR

**Mr. Azman Shah Dato' Aziz**

*30 years of mastery in Training & Leadership, Certified Coach, Experienced Psychotherapist, and International Speaker & Trainer. Empowers individuals and organizations worldwide with transformative insights and strategies.*



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