NRA

National Retail Association

People Leadership Program

FOR RETAIL LEADERS

MODULE 5
RESILIENCE

Course information

Each module is a one-day workshop.

NRA Training supplies participants with a detailed workbook that provides all of the information covered in the workshop, plus room for note-taking.

Tea, coffee and water provided.

What is the duration?

The workshop will run from 9.30am - 4.30pm

Module 5 : Resilience

- What is resilience and why do we need it?
- The Johari Window
- What is stress and how does this affect us?
- How does low resilience affect our team and business?
- Tools to build resilience everyday
- Creating an environment of resilience for my team

For more information

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