Building Resilience to Change

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

Duration: 8.00 hours (1 days) **6.5 CPD Hours** **Rating:** ⭐ 4.6 (5,878 reviews)

Course Information

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

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.

Learning Outcomes

Upon successful completion of this course, participants will be able to:

Build your capacity to effectively navigate a change Understand the personal change transition model from Virginia Satir Practice using various techniques to build your change resiliency and agency Effectively address your change resistance Determine key activities needed to sustain your resiliency Create a personal change resilience plan

Detailed Course Outline

Welcome

- Introductions
- Course goals, objectives & agenda
- Logistics

Change and the Personal Transition Process

- A changing environment
- “Things” we are asked to change
- Assessing how we feel about change
- Personal transition process
- Speed of change

Building Your Resilience to Change

- A VUCA world
- Resilience and the personal change process
- Resilience overview
- Resilience inventory
- 4 types of resilience
- 9 ways to improve your resilience
- Understand the “why” of change
- Gain context about the change
- Mitigate your stress
- Change your perspective
- Embrace change agency
- Connect with others
- Manage your emotions
- Ensure self-care
- Celebrate progress

Overcoming Your Resistance to Change

- Resistance and the personal transition processes
- What is resistance
- 3- levels of resistance
- Common reasons why people resist change
- Steps to overcoming resistance
- 1. Dissatisfaction
- 2. Vision
- 3. Next Steps
- Final Tips

Sustaining Your Resilience to Change

- How to sustain your resilience

Upcoming Schedule

Available training dates for Building Resilience to Change:

Start Date	End Date	Location	Delivery	Price
18 Nov 2026	18 Nov 2026	Online	Virtual	€795.00

Frequently Asked Questions

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

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.

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.

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.

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

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

Email: info@nexushuman.com

Website: www.nexushuman.com

Phone: +353 1 889 8700 (Ireland) | +44 20 8142 8961 (UK)

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