



Peak Services delivers deep expertise in the local government sector. We understand the business of councils. Challenge us.

## RESILIENCE DURING CHANGE – 1 hour

AUDIENCE	SHORT COURSE TOPICS	LEARNING OUTCOMES
<p>This one-hour workshop helps participants deal with change therefore it is suited to all council officers at all levels who may experience a changing work environment or changes within roles.</p> <p>This course has been of particular use during 2020 and the COVID-19 pandemic when so much uncertainty prevailed.</p> <p>Build resilience in your teams before it's required!</p>	<ul style="list-style-type: none"> <li>know what is in your control and what is not</li> <li>adopt a growth mindset</li> <li>focus on your strengths</li> <li>practise mindfulness</li> <li>take time to reflect</li> <li>create structure and systems</li> <li>be open to help</li> </ul>	<ul style="list-style-type: none"> <li>change is a constant</li> <li>a resilient mindset</li> <li>welcoming change</li> <li>change as an opportunity for growth</li> <li>change as an energiser</li> <li>change creates innovation</li> </ul>



### COURSE DETAILS

Delivery	Our training course provides participants with an interactive session that includes group discussions, case studies, and question and answer sessions. Customisation is available and based on individual council requirements.
Delivery Mode	Peak Services delivers Virtual or Instructor-led training workshops inhouse at your venue.
Fees and Inclusions	Please contact Peak Services for course fees or a proposal for on-site/in-house training.

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**REGISTER NOW**  
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