



PREFERRED TRAINING
NETWORKS



RURAL RESILIENCE STRATEGIES

"The greatest glory in living lies not in never falling, but in rising every time we fall." – Quentin Bryce

People in rural communities often overestimate their resilience skills. The stereotypical "it'll be right mate" isn't always the case. This course gives participants key skills to develop resilience levels and bounce back quicker. It equips participants with practical tools to manage stress, overcome setbacks, and build a stronger mindset for life's challenges. Tailored specifically for rural communities, it blends evidence-based strategies with relatable examples to create lasting resilience. Learn how to thrive, not just survive, in demanding environments by cultivating positivity, mindfulness, and actionable coping techniques.

Key Course Content:

- A positive demeanour
- Bouncing back after disappointment
- Achievement setting
- Mindfulness at work
- Exercises to collect calm
- Overcoming negative self-talk
- Building support networks
- Managing uncertainty and change
- Practical problem-solving
- Maintaining emotional resilience
- Recognising stress and burnout
- Balancing work and self-care



Target Audience:

Managers and Staff



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.



Get a Quick Quote:

Let us know if you would like an obligation free quote for your organisation.