

Resilience Week 2012

Nairobi, Kenya



Help at hand

Q: What do we mean by resilience?

A: The capacity to cope with stress & adversity.

InterHealth & Amani Counselling Centre are delighted to host Resilience Week this September in Nairobi. This will be a chance to learn about the importance of psychosocial wellbeing for staff working in relief, development and mission. Free-standing yet interlinking days aimed at HR Staff, Field Managers and Security Managers.

The sessions will be facilitated by a combination of InterHealth & Amani trainers. We welcome participants to join as many sessions as they like.

Cultivating Personal Resilience

(One day)

24 September 2012

Understanding what factors promote personal resilience which builds the capacity to cope with stress and adversity.

Cultivating Organisational Resilience

(One day)

25 September 2012

Identifying principles for resilience relevant to organisations, to boost organisational resilience and address training needs.

Psychological First Aid (PFA)

(One day)

26 September 2012

Provides practical and effective strategies for supporting colleagues and team members in the immediate aftermath of critical incidents.

Psychological First Aid - Advanced Skills

(Half day)

27 September 2012

An advanced workshop, involving skills practice through role-play and feedback designed to boost participants confidence to deliver PFA.

Crisis Management - Round Table

(Half day)

27 September 2012

Leading on from PFA, a discussion on approaches to crisis management within your organisation through a psychological lens.

Team Dynamics & Dealing with Conflict

(One day)

28 September 2012

Understanding relationships in teams and how best to manage them. Focusing on how conflict arises, and how it can be used as a pathway to fresh and creative ways of working.



For full details contact:

+ 44 (0) 20 7902 9006

training@interhealth.org.uk

www.interhealth.org.uk/training.html