Stress Into Strength: Building Resilience

Equip employees with evidence-based tools and techniques to manage pressure, strengthen resilience and maintain wellbeing at work and in everyday life.

Wellbeing

Format
On-demand video

Video Duration
Approx. 20 mins

Audience
All employees

Facilitated by
Irish Life Wellbeing Consultants

Equip Employees to Manage Stress and Build Resilience

BOOK NOW

Programme highlights

1. Learn how thoughts, perceptions and mindset influence the stress response.
2. Understand how stress mindset can impact wellbeing and performance.
3. Develop practical strategies to manage pressure and focus on what can be controlled or influenced.
4. Explore techniques for challenging unhelpful thinking patterns.
5. Learn how to access support and build stronger personal and professional support networks.

Employee impact

1. Greater confidence in managing pressure and maintaining wellbeing.
2. Practical techniques to support resilience, emotional wellbeing and performance.
3. Improved ability to reframe challenges and respond constructively to setbacks.
4. Increased confidence in seeking support when needed.
5. Stronger resilience for work and everyday life.



Who is this for?

Employees who want practical tools to manage stress, build resilience and support their wellbeing in a sustainable way.

Invest in wellbeing. See the difference

Supporting employees creates healthier teams, stronger engagement and a more inclusive workplace.