



Resiliency Skills

Growth Through Learning

In today's competitive and dynamic healthcare climate, it is critical to develop leadership skills to help team members reach their full potential. Our goal at Philips Healthcare is to train tomorrow's healthcare leaders today and provide support across all levels of the healthcare continuum.

Philips Leadership Excellence - PLE116

We all know resilience is an important trait. It is the hallmark of successful people and successful companies, and it is what allows people to come back from disappointment and failure stronger and more determined than ever. Resilience is not the absence of stress or trauma—it actually requires stress. Resilience is the remarkable ability of humans to adapt when faced with adversity. Resilient people not only survive and bounce back after a setback; they come back stronger and wiser. This Resiliency Factor is an evidence-based training program that helps participants to build resilience, well-being, and optimism. These strengths-based prevention programs equip individuals with a set of practical skills that can be applied in everyday life to strengthen an individual's ability to overcome adversity and challenges, manage stress, and thrive in their personal and professional life.

Resiliency Skills (PLE116)



Course objectives.

Upon completion of this course, the participant will increase their ability to:

- An internal focus of control; believing that you are in control of your life
- A good sense of self-esteem and efficacy, believing that you have value and do what you set your mind to
- Optimism in life and proactively looking forward to the challenges it brings
- Positivity and gratitude by cultivating a sense of positive outcomes and well-being
- SMART goals: setting goals that are specific, measurable, achievable, realistic, and time-bound, yet flexible to accommodate change and the need for flexibility

Participants Receive

- Coaching throughout the session
- Written and verbal evaluation of strengths/areas for improvement
- A workbook/reference manual

Faculty

Training Edge Facilitator

Philips clinical service specialist

Locations

Course may be held in Philips central locations in Alpharetta, Georgia; Bothell, Washington; and Cleveland, Ohio. Other locations may be offered.



For more information

Contact a Philips ultrasound clinical services coordinator at 800-522-7022 and visit our education catalog at

www.learningconnection.philips.com/ultrasound

