



## Building Resilience: Self Care, Management and Communication Skills for Managers

2 day workshop  
17<sup>th</sup> & 18<sup>th</sup> March 2010  
Jakarta  
Indonesia

Facilitated by People In Aid and Headington Institute, this 2 day workshop in Jakarta, Indonesia on the 17<sup>th</sup> & 18<sup>th</sup> of March 2010 will focus on building individual and team resilience.

### Day one:

An overview of stress and resilience at the level of the individual and the team:

- Three types of stress humanitarian workers often experience;
- Building individual resilience through self-care;
- How stress can manifest in team dynamics;
- Building resilient teams.

### Day two:

An in-depth exploration of communication and conflict resolution tools for building individual and team resilience and improving management and leadership skills.

### Participants will learn:

- Self care skills that promote individual resilience
- Management skills that help foster resilient/thriving teams
- Communication and conflict resolution skills

**Buy one get one free!**  
**Every paying participant can bring a  
national colleague for free  
(worth \$295).**

To encourage the strengthening of local national capacity, all participants who register can invite a national peer to attend the conference free of charge.

You can fill in their details when prompted on our online booking form or register them later by emailing [info@peopleinaid.org](mailto:info@peopleinaid.org).

**Space is limited. Register early.**

**BOOK NOW**

**US \$295**

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