This positive psychology course offers:

- A clear understanding of resilience and its role as a defence against burnout
- A working knowledge of Resilience Builders from the Jess™ Human Systems Model and a practical understanding of how their implementation into daily life will enhance resilience
- Be guided in the process of how to implement key Resilience Builders into your new, daily life
- How to identify and assess new stresses and demands as they arise and also how to choose what Resilience Builders they need to use in response

What is JESS™?

Jess™ is a resilience-building model based on the concept that the human system is influenced by the mental, physical, emotional and social dynamics within which we live. It has been designed to help people develop their resilience, to perform at their best and stay well through life and work stressors.

Module 1 free of charge via the Inspire Support Hub:*

- Visit: inspiresupporthub.org and log in using your username and password
- On the dashboard, select Workplace Wellbeing Day 2020 from the list of menu options at the top of the page

Organisations: for details of your unique PIN, please contact your Account Manager.
Employees: if signing in to the hub for the first time, see the, ‘Getting started on the Hub’ document, available from your HR / Wellbeing Team.

For Hub technical queries, contact us at: hubsupport@inspirewellbeing.org

*Available as of Friday 1st May 2020