**Importance and Implication of Teachers' Resilience Training**

***The Necessity of Investigating Resilience for Schools and Teachers***

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**Abstract:**

Today, due to widespread problems in societies, and intrinsic stresses (such as the nature of the teacher's role, the level of readiness, qualifications and competences with obligations), and extrinsic stresses (destructive behaviors of students, insufficient encouragement structure, occupational isolation, opposing and manifold roles) of teachers, there is a need to investigate the resilience problem in teachers; and in order to reach a satisfactory level of resilience in teachers through training sessions and overcome obstacles, we have to help increase the quality of our teachers and improve resilience in them.

It is necessary for teachers and educational authorities to indirectly instill resilience in students, and use this precious opportunity to increase endurance and resilience in them to perform better later in social life.

Regarding the effect of teacher's anxiety on the learning process, it is believed that that the anxious teacher, because of experiencing a level of psychological pressure, loses his or her interest and enthusiasm in educational activities in the classroom. Similarly, high levels of anxiety decrease the quality of interaction between the teacher and the students.

Social factors of resilience, including participation, coherence, and social trust, and strengthening social networks and improving social memory, including exposure to changes, are among the major components in systems to adapt with and change the imposed situation.

Resilience training is easier for teachers by identifying the factors that affect it. Also, the positive effect of the social environment in which the person lives and works is very important in shaping and creating wealth.

One of the key concerns of this study is inviting schools to affiliate programs, requiring teachers to teach key life skills such as: resilience, physical and mental self-care, empathy, self-esteem, tolerance and tolerance of others, cooperation, selfishness, violence and crime. Avoidance is respect for laws, nature, animals and adults; Global values and standards, lost in the midst of massive educational content and media charm.

***Keywords:*** **Resilience Skills, Professional Resilience, Social Resilience, Resilient Teacher, Resilient Schools**