

PRACTICAL RESILIENCE AND MINDFULNESS

1/2 DAY PROGRAM



OVERVIEW

Life presents ongoing challenges that test our resilience. Resilience is our ability to bounce back after experiencing stress and adversity.

While some people seem to be naturally resilient, the good news is that it is a skill that can be learned and developed by virtually anyone.

Through a combination of research and practical activities, this session will help you increase skills to cope with the current stress and uncertainty in both work and home life. Participants learn a combination of long and short term strategies that build resilience.



OBJECTIVES

- Recognise and define resilience
- Increase self-awareness to better manage thoughts and emotions
- Understand co-regulation and the contagious nature of our energy and emotions
- Learn techniques to manage acute stressors and emotional 'triggers'
- Learn 1-3-minute mindfulness techniques that create instant calm
- Understand the long term stress reduction strategies required to strengthen your 'resilience muscle'

TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...



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