

Mental fitness and resilience skills training

Vital to build the mental and emotional strength and wellbeing of team members. We know the importance of physical fitness and health - the same applies to looking after our brains.

“The pace of work and life today is placing great demands on our mental health... and the world shows no signs of slowing down.”

With the tools and training on how to use our brains effectively we can greatly reduce unnecessary stress in the workplace and in our personal lives

1/2 Day Workshop

To enrich people with the mindset skills and strategies to function effectively in business, relationships and life overall

Attendees experience the enhancement of self-knowledge and self-leadership, in order to bring increasing personal value and purpose to their work, colleagues and stakeholders.

Key Outcomes

You will learn...

- How to identify stress triggers, and regulate your emotions to stay calm and not overreact in stressful work situations
- How to develop strong meaning and purpose in your work
- How to bounce forward from negative work AND life experiences
- How to not get triggered by other people and work more collaboratively
- How to improve your planning and reduce the impact of unplanned events

Your Tools

- Before the workshop, you will receive a measure of your current mindset fitness and resilience across six domains
 - Purpose
 - Composure
 - Reasoning
 - Tenacity
 - Collaboration
 - Health
- Following the workshop you will have access to an online interactive learning program to apply your newfound knowledge and continue to build your mindset fitness and resilience.
- We will also introduce you to a powerful app that teaches you how to release and remove the blocks and resistances that are preventing you from performing at your best.