

# Mental Health & Resilience Skills Training

Virtual Interactive 2 x 90 min Modules Workshop OR  
Half Day In-person Workshop with Bill Carson  
- Certified Resilience Trainer and Coach

## Mental health 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

*Be Inspiring*

## Virtual Interactive 2 x 90 min Workshop OR Half Day In-person 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.