

Resilience at Work



Elite athletes and top performers have an advanced capacity to regulate their levels of emotional arousal and to stay calm in tough, competitive situations.
Michael E. Bernard

This highly acclaimed workshop presented to more than 10,000 people across Australia, is designed to promote participant self-awareness and self-management when faced with stressful situations including difficult people.

A specialised focus of the workshop is empowering people with the knowledge that "Things are neither good nor bad but thinking makes it so". People will learn how to transform stress-creating ways of thinking as well as new coping skills for mastering stress.

Who is this workshop intended for?

For employees at any level experiencing ongoing or acute stress. This workshop can be offered over a half or full-day.

Workshop topics

- + What is resilience (self-management)?
- + Tough work situations, challenging tasks and difficult people

- + Common internal obstacles
- + The ABCs of emotions
- + Check-up from the Neck-up
- + Strengthening the Executive center of the brain
- + Cognitive re-structuring
- + Coping skills
- + Behavioural strengths
- + Individual Action Plan
 - » Take Stock
 - » Take Control
 - » Take Action

Benefits

- + Strengthening of resilient mindset
- + Greater self-awareness
- + Increased self-management and calmness
- + Greater effectiveness in tough situations
- + Greater positivity and self-belief
- + Less job stress



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