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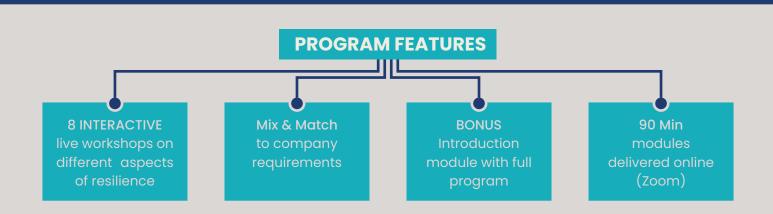
RESILIENCE AT WORK PROGRAM

STAYING SANE IN **RIDICULOUSLY UNCERTAIN TIMES**

Resilience is THE talked about quality that people and companies would like to see increased to cope with these uncertain and fast changing times

Resilience is the ability to deal with the ups and downs effectively and bounce back quickly. It is a bit like a roly-poly toy that flips back to its original position after being pushed out of balance.





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8 RESILIENCE WORKSHOP TOPICS

Mindfulness ✓ Impulse control ✓ Self-care ✓ Realistic optimism Acceptance Solution Orientation ✓ Self-efficacy Network Orientation



WHAT YOU WILL LEARN

- Different aspects of resilience
- Scientific research-based strategies to increase personal resilience
- Actively manage your well-being and mental health
- Strengthen your inner sage vs your inner critic
- Reducing inner restistance and pressure to external factors
- Practical exercises for everyday use

WHO ARE THESE WORKSHOPS FOR?











CONTACT ILONA

- **%** 0410-344 245
- ☑ Ilona@dancingwiththedragons.com
- https://dancingwiththedragons.com