

2 HOUR FREE TASTER

DEVELOPING RESILIENCE WORKSHOP

THE SESSION WILL EXPLORE THE FOLLOWING:

- Neuroscience and how to re-wire your brain for challenging situations
- How stress can be positive and how a lack of it can adversely affect us
- What our 'protection factors' are and how we can develop them
- Habits and practices of the most resilient people from around the world
- Action planning to ensure that we remain committed to being the most resilient versions of ourselves

Includes full course materials

For up to 15 attendees