

DEVELOPING INNER STRENGTH AND RESILIENCE

Cope and thrive in the face of challenges

Resilience is key to thriving amidst change and challenges. By developing personal resilience, we can not only better cope but also thrive in the face of adversity, maintaining both productivity and wellbeing.

This interactive session, led by Martin Probst, a leading expert in human-centred leadership, is designed to empower and inspire you to maximise your own level of resilience required to respond positively to the pressures and demands in your personal and professional environment. You will acquire practical insights and empowering strategies to not only navigate challenges but to emerge stronger, more adaptable, and ready to conquer any obstacle.

Proactively develop your team's resilience and improve their ability to successfully cope during times of change, challenging situations, and obstacles they face.



KEY OUTCOMES

- Build confidence, calm, and clarity during uncertainty
- Strengthen mindset through reframing and focus
- Create sustainable habits for resilience and renewal
- Recognise personal triggers and energy drains
- Learn strategies for emotional regulation and self-care



IDEAL FOR

- People required to navigate change with confidence
- Team members needing to maintain emotional balance during high-pressure situations
- Individuals seeking to strengthen self-awareness and personal coping skills
- People wanting to build resilience without relying solely on willpower



WHAT YOU GET

- Engaging, interactive and thought-provoking training session with real-time insights and activities
- Option to tailor this session to a length other than half-day
- Carbon-neutral training

Ready

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