

Now more than ever it is important to learn the secrets of

## EMOTIONAL RESILIENCE

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### RESILIENCE FUNDAMENTALS *A Workshop for Managers & Leaders*

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This workshop provides managers with an opportunity to become more resilient in their work and to understand the impact that building resilient teams has on business outcomes.

In this workshop you will learn...

- ❖ *Why some people take knock after knock and are still smiling, while others crumple at the slightest criticism?*
- ❖ *Why some people succeed even in the face of high pressure, challenge and change?*
- ❖ *Why do some people seem to have that all-important work-life-balance worked out?*

**Resilience Fundamentals** is a personal skills development program designed to build on ones own resilience – the ability to remain focused, on-task and in problem solving mode – in the face of workplace adversities like change, ambiguity and uncertainty. It will include real case studies to work with, practical skills sets to master and an interactive learning approach.

Through a process of retrospective learning participants will master the art of...

- ❖ Become aware of negative thinking and self-limiting responses;
- ❖ Build the mental strength to navigate their way through life's crises;
- ❖ Cope with grief and anxiety;
- ❖ Overcome barriers that get in the way of building solid relationships;
- ❖ Manage emotional resistance in others;
- ❖ Enhance problem solving skills;
- ❖ Remain task focussed despite setbacks;
- ❖ Build self confidence and harness strengths;
- ❖ Master the art of realistic optimism; and
- ❖ Identify with the strengths of authentic happiness.

The program is facilitated by [Alison Nipperess](#) and/or [Shane Warren](#) and/or [Rosie Chin-McLaughlin](#). Alison is an organisational psychologist who brings to the training room more than 10 years experience as a consultant, trainer and counsellor. Rosie's background is human resources with a PhD in social psychology. Shane is a psychotherapist in private practice in

Sydney who has more than 15 years experience in consulting, training and coaching. Together they have developed hundreds of hours of group work and facilitated learning solutions for large multi-national corporations as well as smaller business operators and community groups. They have extensive experience working with people from all walks of life and Rosie and Shane currently consult heavily with businesses throughout Asia, North America and Europe.

Each participant will receive a personal **Resilient Profile** assessment developed by the International Resilience Institute of Sydney.

So join us to find out why the underlying factor of survival for the GFC is **resilience!**

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### Workshop Details

- ❖ **SYDNEY**, 8:30 am registration, workshop 9am – 5pm  
Holiday Inn Potts Point **June 5 / September 4 / December 4**
- ❖ **MELBOURNE**, 8.30am registration, workshop 9am – 5pm  
Holiday Inn Flinders Street **July 5 / October 2**
- ❖ **GOLD COAST**, 8:30 am registration, workshop 9am – 5pm  
Holiday Inn Surfers Paradise **August 7 / November 6**
- ❖ **DARWIN**, 8:30 am registration, workshop 9am – 5pm  
Holiday Inn Darwin **July 24**
- ❖ **HOBART September 18 & ADELAIDE OCTOBER 23** 8:30 am registration,  
workshop 9am – 5pm Venue to Be Confirmed
- ❖ **HONG KONG / SINGAPORE / KL August dates to be confirmed** 8:30 am  
registration, workshop 9am – 5pm Venue to Be Confirmed

*This is a small group workshop so please register early!*

*For details of workshops planned in **other regional areas** drop us a line now.*

### Registration

- 1 person ~~\$550~~ AUD\$440
- > 2 persons per company AUD\$330 pp Please complete additional forms

Your investment is inclusive of training fee, resources & manuals; as well as morning & afternoon tea with lunch.

Name \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Billing Details (name& address for receipt) \_\_\_\_\_

Training Date & City \_\_\_\_\_

**PAYMENT METHOD:**

Cheque (payable to IRIS Consulting) / Visa / MasterCard / Amex

Card Number: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Expiry: \_\_\_\_\_/\_\_\_\_\_ Card Name: \_\_\_\_\_

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