



LEARN FROM THE INSIGHTS OF THE ONLY SCIENTIFICALLY PROVEN PROGRAM TO IMPROVE RESILIENCE!

The program is internationally respected and the only course of its type in Australia. On the day, you will gain from the insights of the only work scientifically proven to boost the resilience of individuals in the workforce. Based on over 30-years of research by Prof Martin Seligman of the University of Pennsylvania into why some people succeed when confronted with challenges while others fail; this program will teach everyone the skills to be resilient so they too can triumph when threats materialise.

Resilience Mastery is a personal skills development program designed to promote 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.

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

- Become aware 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;
- Master the art of realistic optimism; and
- Identify with the strengths of authentic happiness.

The program is facilitated by **Alison Nipperess** and **Shane Warren**. Alison is a psychologist by trade and brings to the training room more than 10 years experience as a consultant, trainer and counsellor. 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 Shane currently consults heavily with businesses throughout Asia, North America and Europe.

RESILIENCE MASTERY

Workshop for Managers

Ever wonder why some people take knock after knock and are still smiling, while others crumple at the slightest criticism?

Ever wonder why some people succeed even in the face of high pressure, challenge and change?

The underlying factor at play here is **resilience!**

Workshop Overview

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.

Alison Nipperess and/or **Shane Warren** will present the workshop and it will include real case studies to work with, practical skill sets to master and an interactive learning approach.

Learning Outcomes

- Resilience assessment
- Ability to identify negative thinking and self limiting responses
- Manage emotional resistance in others
- Enhance problem solving skills
- Remain task focussed despite setbacks
- Build self confidence and harness strengths

Workshop Details

- ❖ **Friday 9th May or 30th May 2008**, 8.30am registration, workshop 9am – 4pm
Grace Hotel **SYDNEY** corner York & King Street
- ❖ **Thursday 15th May 2008**, 8.30am registration, workshop 9am – 4pm
Crowne Plaza **CANBERRA** Binara Street
- ❖ **Friday 23rd May or 13th June 2008**, 8:30am registration, workshop 9am – 4pm
Holiday Inn **MELBOURNE** corner of Flinders Lane & Spencer Street
- ❖ **Friday 6th June 2008**, 8:30 am registration, workshop 9am – 4pm
Holiday Inn **BRISBANE** Roma Street
- ❖ **Thursday 5th June 2008**, 8:30 am registration, workshop 9am – 4pm
St Patricks Cathedral Conference Centre **TOOWOOMBA** James Street

This is a small group workshop so please register early!

*For details of workshops planned in **Adelaide / Darwin / Perth / Newcastle / Gold Coast / Hobart / Singapore / Hong Kong / Kuala Lumpur** drop us a line now.*

Registration

1 person ~~\$550~~ \$330 > 2 persons per company \$220 pp Please complete additional forms

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

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Name _____

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