



Taking the Stress out of Staffing



BUILDING RESILIENCE AT WORK

Discover how to bounce back in the face of adversity at work. It's the tough lessons that build the strength you need to succeed .

In this workshop, you'll learn how to:

- * Recognise that a set-back is not a sign of failure but an opportunity to reflect on your direction and re-assess your purpose.*
- * Positively apply the four elements of Resilience: mental stamina, physical endurance, emotional balance and purpose within the workplace.*
- * Avoid burnout by recognising the physical effects of anxiety and stress*

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