



Building Mental Resilience and Success Strategies

Resilience is the ability to recover and bounce back from adversity and hardships, feeling stronger and more capable to cope than ever before.

Resilient people demonstrate great flexibility, high energy, mental agility and consistently perform at their highest level in all areas of their life.

If you have a resilient disposition, you are better able to maintain poise and a healthy level of physical and psychological wellness in the face of life's challenges. If you are less resilient, you are more likely to dwell on problems, feel overwhelmed, use unhealthy coping tactics to handle stress and develop anxiety and depression. Although resilience is linked to your personality type and your genetic make-up, you can learn resilience skills and success strategies that will make a remarkable difference to your life. The Building Mental Resilience and Success Strategies workshop is designed to equip you with these valuable skills and strategies.

This **one-day workshop** will be delivered by Zoryna O'Donnell, MBA, FInstLM - an experienced trainer, coach and mentor.

The workshop will cover the following key elements:

- ✓ Understanding resilience, pressure, stress and adversity and their association with mental health
- ✓ Connection between emotional health and resilience
- ✓ Making sense of experience: realistic optimism vs negative thinking
- ✓ Overcoming and growing from setbacks
- ✓ Self-efficacy and why believing in yourself matters
- ✓ The signs of stress and stress reduction strategies
- ✓ Building your own Resilience Development Plan
- ✓ Strategies, skills, tactics and tools to bolster resilience

By the end of the workshop you will: understand the personal and professional implications of resilience; identify thinking patterns which will help you to deal with setbacks positively, overcome and grow from setbacks by understanding them in the context of challenge, commitment and personal control; use a variety of strategies and techniques to develop personal resilience; and produce a personal Resilience Development Plan.

Breakthrough Skills Programme™ for Women Discounted Fee - £60+VAT per person.

Standard Fee: £199+VAT per person for open access workshops.

Contact us for information about the dates and venues and to book your place:

Email: Zoryna.ODonnell@LMPlusConsulting.com



L&M Plus Consulting Ltd.