



MAXIMUM RESILIENCE

Help employees boost their mental and emotional resilience.



This seminar helps employees take charge of their stress. It gives them tools and information to boost their resilience to stressful situations, providing strategies that cover stress management, nutrition, sleep and exercise.

It's particularly useful for employees undergoing change in the workplace.

45-50 minutes in length, this seminar addresses the following:

- Why change is stressful
- The phases of change: denial, resistance, acceptance, commitment
- How to take control of a stressful situation
 - What you can change, and what you can accept
 - How to be positive and proactive
 - How to prepare and set realistic goals
- The importance of looking after your health during stressful times
- Proven stress-busters
- Ways to improve your sleep
- Nutrition tips to support you during high stress situations.

The seminar is delivered onsite presented exclusively to your employees, by qualified professionals.

WHAT YOU GET

Your seminar also includes:

- Fast Facts handouts for each employee summarising the key points
- online booking system with wait-list option
- promotional materials including a customised poster and emailers.