

Resilience Conversations

What is covered in Resilience Conversations?

- Use techniques that help you and your team bounce back from set-backs and leverage the learning from the experience as quickly as possible.
- Support your team in the ever-changing work environments that demand increasing agility from all of us.
- Share useful self-care strategies that will reinforce and sustain resilience during times of complexity and change

Who is it for?

In this module leaders will understand the value of wellbeing and having a mentally resilient team. This module also provides a range of tips and techniques that help leaders practice self-care and compassion.

What does it offer?

We all have a window of tolerance for different levels of stress and strain. At times the allostatic load can overwhelm us. Finding ways to recalibrate and bounce back is fundamental to becoming more resilient. This module introduces leaders to a range of techniques they can use with their teams to make wellbeing the hallmark of their team.

How do we sign up?

Contact us at madebetterhuman.com.au

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THE
LEADING
CONVERSATIONS
SERIES