

LUNCH AND LEARN

RESILIENCE REDEFINED

A 2 hour interactive session to help your staff understand the importance of developing resilience and why it is the competency everyone needs



Choose Mighty

COVERING....



DEFINE PERSONAL RESILIENCE

Bring focus and clarity to what resilience really means and differentiate between outer and inner resilience



UNDERSTAND THE SOCIOLOGY

How different generations are impacted in different but equally challenging ways in the workplace



UNDERSTAND YOUR PSYCHOLOGY

An evolutionary tour of the brain to explain how stress is remarkably similar for all of us



SOLUTIONS TO BALANCE WORK AND PERSONAL

What to prioritise in order to navigate pressure and challenge, and manage wellbeing

BECAUSE RESILIENCE LEADS TO BRILLIANCE

THE CHOOSE MIGHTY FRAMEWORK OUTCOMES:-

FOR INDIVIDUALS:
INCREASED SELF BELIEF, CONFIDENCE AND
MOTIVATION

FOR EMPLOYERS:
INCREASED RESILIENCE, CAPABILITY AND COMMITMENT

**My
Mighty
Mind**



+07789 926915



trina@mymightymind.com