

This half day course is designed to give you, the human that is doing all the doing, some tools and resources to keep doing it!

Personal Resilience



Overview

love my job, if I just did have to deal with all those people!

There are so many role, where work place stress and/or the nature of human interactions become a drain. This workshop explores the incremental changes that can result in feeling less resourceful, resilient and ready for what ever is next.

Learning Outcomes

- Identify key drains on your vitality
- Explore the short or long term effectiveness of different coping mechanisms
- Explore approaches to a more sustained and sustainable sense of resilience

Participants

- C-Level Executives
- Stakeholder and Community Managers
- Stakeholder and Community Engagement Officers
- Change Managers
- Project Coordinators
- Project Managers
- Strategic Communications Managers
- Communications Officers
- Elected Officials

Your Trainer
Joel Levin



When will you have your next Aha! moment?

Duration

Half day session

Delivery Modes

To maximise learning outcomes, delivery modes are not mixed:

1. In person face-to-face
2. Live in online classroom

Course Option

Collaborative training (public) or in-house training (at your organisation)

Upcoming Dates

Please contact us at admin@ahaconsulting.net.au for further information and to express your interest

Booking + Information

For more information or inquiries about in-house training email admin@ahaconsulting.net.au or phone (+618) 9443 9474