

1-hour Seminar

FREE

How well do you bounce back?

Keys to develop resilience strategies

You'll discover

- **Three ways you can respond to disaster**
- **Six tools to help you build your stretch-ability**
- **Six thinking styles you can change**

Come along to our short seminar and find out how you can become more resilient & flexible in times of adversity.

This seminar can be offered at no charge for charitable or not-for-profit organisations, or in-house for your business.

Date: At a time to suit you

Time: One-hour—at a time to suit you

Venue: If outside of Whangarei, travel will be charged

For more details, phone or email Barbara.

