

1-hour Seminar

FREE

*How well do you bounce back?
Keys to develop resilience strategies*

Would you like to know:

- **Three different ways you can respond to disaster?**
- **Six tools to help you build your stretch-ability?**

Come along and find out how you can be more resilient & flexible in times of stress.

This seminar can be offered at no charge for charitable or not-for-profit organisations

Time: Fri May 1st from 12 midday to 1.00pm

Venue: Colab, 17 Hannah Street, Whangarei

Email barbara@bjprojects.co.nz to reserve your place

Bring your own lunch, tea & coffee will be supplied.

