

How's Your Bounce-back-ability?

Are the bumps in your road starting to feel like mountains?

- Are you struggling some days to keep it together?
- Do you find you're often tempted to just stay in bed?
- Have you been looking for someone 'out there' to help fix what's going on?
- You know *why* you're feeling the way you are and you *know* what you *should* do, but you keep slipping back?

Is this you?

Are you looking for tools that will support you to make positive change?

Come and join us for our *brand new* one-day Resilience Workshop.

Discover ways to get your bounce back and equip yourself with skills for emotional and relationship success. You'll learn:

- **The difference between resilience and chronicity**
- **Strategies to help changes 'stick'**
- **How to manage your state and get calm quickly**
- **Skills to overcome unhelpful thinking**

Places are limited so do get in early.

Date: Thurs 21st of May
Time: 9.30am to 4.30pm
Venue: Co-Lab, 17 Hannah Street, Whangarei
Investment: \$195.00 + GST

- Light morning and afternoon refreshments will be provided.
- Please remember to BYO lunch.
- Please ensure you are at the allocated room by 9.20am, ready for a 9.30am start.
- Handout notes and a pen will be provided.

What others have said about this workshop ...

"[The workshop] Is worthwhile doing to learn coping strategies." - V.R., N.R.C.

"[This workshop] added to/reiterated past learnings and introduced new tools I hadn't seen/heard of before. Well worth taking the day for yourself to learn or reinforce learnings, and to connect with likeminded people in a relaxed and friendly environment." – C. Harris.

"A lot of techniques to use to make improvements ... well organised and presented workshop ... you will learn a lot about yourself." – S. Morgan, NorthTec.

