

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 be more resilient & flexible in times of adversity.

This seminar can be offered in-house for your business or organisation.

When: Wed 19th August, 5.30-6.30pm

Venue: Colab, 17 Hannah Street, Whg

Email barbara@bjprojects.co.nz for a registration link.

