

# How's Your Bounce-back Ability?

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

- "Some days I struggle to keep it together."
- "I wish I could just stay in bed for the day."
- "I need help to fix all the stuff I'm dealing with right now."
- "I simply can't be bothered."
- "I'm feeling frustrated and a bit off-centre right now."
- "I can't... I'm too busy..."

Does this sound like you?  
Are you looking for strategies to help you get your bounce back?

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 & Time:**

**Venue:**

**Investment:**

**To register:**



**Your trainer is Barbara Jaques, BBS, Dip. Mgt., ACC ICF, NCAET.**

Barbara is passionate about the ripple effect we create when we develop our own capability and share our knowledge. She loves helping individuals unlock their internal resources to become their most excellent selves. She has a background in management, administration and human resources with a BBS in Human Resource Management & Employment Relations. She's also a Master Practitioner of NLP, a member of NZANLP, ICF credentialed coach and a licensed Transforming Communications Trainer.



## **What others have said about this workshop...**

*“The one-day workshop is great to get a ‘taster’ of the very comprehensive 9-week course. Definitely helpful to develop strategies for yourself.” – **Julia N.***

*“[The Workshop] Is worthwhile doing to learn coping strategies.”  
– **V.R., N.R.C.***

*“If struggling with day-to-day life challenges and not coping, then I recommend doing this workshop.”  
– **Stephen, Whangarei***

*“[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.***

