



**One-Day  
Workshop**

# Resilience Strategies for Dynamic Times

## For Supervisors, Leaders, Employees and Parents

### A one-day workshop for navigating & managing change & challenge

Given the dynamic and constant change in today's world our most important skill is our ability to adapt with resilience to change. When we can pivot in the face of adversity and develop productive, supportive and positive responses to unexpected situations, we build our confidence, improve our relationships and gain the respect of those around us.

#### Who should attend?

Supervisors, leaders, employees and parents who want to improve how they react to unexpected situations and develop productive and positive responses.

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*  
– Viktor Frankl

#### Topics and learning outcomes

This is both a practical and a skills-based workshop with strategies & techniques you can implement directly back to your workplace and personal life. You'll leave with the ability to positively respond to unexpected situations and improve your relationships.

- How to differentiate between resilience & chronicity.
- Strategies to develop helpful thinking styles.
- Ways to manage your mind-state.
- Skills to get calm quickly
- Practical approaches to assist others who are finding things tough.

**2020 Dates:** Tuesday 11<sup>th</sup> May      Wednesday 23<sup>rd</sup> June  
Thursday 29<sup>th</sup> July      Wednesday 25<sup>th</sup> August  
Tuesday 28<sup>th</sup> September      Tuesday 9<sup>th</sup> November  
Wednesday 1<sup>st</sup> December

**Time:** 9.30am - 4.30pm

**Venue:** Colab, 17 Hannah Street, Whangarei

**Investment:** \$195+gst / person

**To register:** Contact Barbara on 021 434 778 or [barbara@bjprojects.co.nz](mailto:barbara@bjprojects.co.nz)

Please ask us about booking your in-house workshop.



021 434 778

[barbara@mindmoves.nz](mailto:barbara@mindmoves.nz)

For testimonials, visit [www.mindmoves.nz](http://www.mindmoves.nz)

# What others have said about the Resilience Strategies Workshop

## TESTIMONIALS

*"It has given me skills to deal with myself & clients at work and will also help me at home with my family."* - Queenie Going, 155 Taitokerau CLC

*"Great tools for my journey forward & easy to understand. Barbara is able to make complex ideas highly relatable in a fun, safe learning environment."* - Tracy, 155 Whare Awhina Community House

*"A lot of information covered in an open-minded environment. The opportunity to test and try techniques and have fun while learning ... the tools you take away are invaluable."* - Cassidy, Amundson & Amundson

*"Enabled me to step back and view my 'problems' with a different perspective. Excellent tools for those working with people."* - Diane Bryant-Jones, Miura Orchard Services

*"I was able to use the strategies learned to help stay calm, focus & perform to the best of my abilities."* - Janine, EVES, Whangarei

*"The experience has made me aware of things I can do to help myself ..."* - Rachael, EVES, Whangarei

*"Content and presentation very good – a lot of 'techniques' and other useful tips that can be used to achieve my own outcomes."* - Sarita, EVES, Whangarei

*"I'm taking away skills that I can use with students & personally for myself – well worth doing."* - Lucie, NorthTec.

*"The mix between information & practical was well-balanced. I was quite energised & excited at going forward ..."* - Sue, NorthTec.

*"...it was good revision – some concepts were new though, so that was good ... be ready to actively engage to get the most out of it – it's a very safe environment. Getting a book = an awesome bonus!"* - Catherine, NorthTec.

*"I liked the practical skills & tools I'm able to take away and use with myself and others. Do it! You'll take something away that can help yourself and others."* - Daisy, I Have a Dream, Whangarei

*"While the workshop was about resilience, I enjoyed the points that were more related to communication and self-awareness of others ... I got a lot out of anchoring and rapport with these tools being something I can use both in my work and home relationships."* - Jon Renes, I Have a Dream Charitable Trust, Whangarei.

*"... easy going and easy to understand ..."* - Jenny Martin, Mike Pero Real Estate, Whangarei.

*"Lots of information and practical knowledge as well as lot of*

*resources and exercises to do – I found everything very helpful."* - Boston, Amundson & Amundson.

*"Content was varied & included different learning styles which incorporated activities, slides & videos."* - Nicky Stroebel, Whangarei.

*"This course brought to light a lot of different skills I've learned throughout the years but in a more practical manner ... Do it!"* - Kieran, Amundson & Amundson.

*"Content and presentation very good – a lot of 'techniques' and other useful tips that can be used to achieve my own outcomes."* - Sarita, EVES, Whangarei

*"The workshop covered useful material around thinking styles to avoid and how to avoid them ... will add to existing tools you already have. The new tools feel like they'll be very useful. These will be invaluable to me. Barbara's delivery is always good."* - Jesse Gray, Gray Media Ltd

*"I feel better equipped to deal with the challenges I face every day ... do the workshop – get a better understanding of what goes on inside your head."* - Steve Haywood, Steve Haywood Master Jeweller

*"Fantastic facilitation, wonderful resources. Do it! It's life transforming!"* - Linda Marsh, Whangarei

*"... learn valuable skills – effective listening – recommend doing this as a team."* - Jill Powell, First National Roper & Jones

*"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 like-minded 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.