



# BUILDING PERSONAL AND ORGANISATIONAL RESILIENCE WORKSHOP

## Do you need to increase your resilience?

**ONE-DAY WORKSHOP  
DELIVERED IN-HOUSE  
UP TO 20 PARTICIPANTS**

In the same way that flexible and resilient buildings and bridges withstand earthquakes better, flexible and resilient individuals, teams and organisations are the ones who don't just survive in times of uncertainty, they thrive.

- Are you being asked to do more with less?
- Has economic uncertainty or down-sizing added to your workload?
- Do you find yourself working in a stressful environment?
- Are you simply trying to juggle too much?

**IF SO, THIS COURSE IS FOR YOU!**

### LEARNING OUTCOMES

- ✓ Improved emotional intelligence and self-awareness
- ✓ A better understanding of how your brain works
- ✓ Understanding your personality and how to interact with others more effectively
- ✓ Completion of the MBTI including your personal Stress Management Profile
- ✓ Better quality thinking - a shift from pessimistic to optimistic
- ✓ Flexibility –the ability to adapt to new stressors without breaking
- ✓ A shift in thinking from disempowered to empowered
- ✓ Better personal stress awareness - how to motivate yourself and how to cope in times of stress
- ✓ Learn how to apply the Think-Feel-Do model to improve your productivity and focus
- ✓ How our perceptions get in the way... and what to do about it
- ✓ Letting go and moving on – why this is sometimes the better approach
- ✓ Discover new ways of looking at old problems

**PROGRAM MAY BE  
TAILORED.**

**CALL TODAY TO  
DISCUSS YOUR  
REQUIREMENTS!**



**BLAZE UNLIMITED**




### ABOUT YOUR FACILITATOR:

Sean Reddel has qualifications in psychology and over 15 years experience working with human development and performance in the workplace. He is passionate about promoting greater engagement at and with work and believes that "a happy worker is a productive worker". Sean is an engaging and entertaining presenter who delivers a rewarding, interactive and thought-provoking workshop.



**FOR MORE  
INFORMATION**

P: 0402 054 303  
E: [info@blazeunlimited.com.au](mailto:info@blazeunlimited.com.au)  
[www.blazeunlimited.com.au](http://www.blazeunlimited.com.au)

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