

Resilience begins with you.



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Thriving in times of conflict and change

Resilient individuals seem to be able to rise above whatever difficult or stressful circumstances they experience. Even if everything around them is falling apart they are able to maintain their sense of themselves and what is important to them. They are able to adapt to the circumstances they encounter and often seem to bounce back even stronger. There will always be times of conflict and change, it is our resilience which determines whether we sink or swim.

RESILIENT INDIVIDUALS HOLD THREE KEY BELIEFS WHICH CENTRE ON:

- feeling they can influence what happens to them;
- searching for and finding a sense of meaning and purpose in their life;
- seeing all their experiences, whether good or bad, as an opportunity for learning;

‘There is nothing good or bad but thinking makes it so.’

SHAKESPEARE.

The good news is our beliefs are not fixed. The really good news is that when we change our beliefs and the habits based on those beliefs we literally rewire our brains to create a more resilient self.

THIS WORKSHOP EXPLORES:

- the critical elements of resilience;
- the thought patterns and habits that hinder our resilience and well being and how to overcome them;
- the warning signs that you are pushing yourself beyond reasonable limits;
- the difference between hedonic quick fixes and what will sustain you in the long run;
- how to implement simple and effective resilience practices in your daily life.

This practical and interactive workshop can be tailored to your needs. For more information please enquire today info@rhianwilliams.com.au or phone 02 6230 2955.