**Resilience and Resourcefulness Workshop**

The resilience and resourcefulness workshop aims to equip individuals with the skills and knowledge needed to manage stress. The resilience and resourcefulness workshop is interactive, with an emphasis on applying effective coping techniques to build resilience. It utilises unique and cutting edge psychological techniques that individuals and teams can introduce to their daily lives. Delegates will:

1) Learn how to decrease the experience of stress at work through experiential exercises

2) Learn how to increase their performance effectiveness through changing their relationship to stress

3) Learn cognitive defusion techniques to combat unhelpful thinking at work

4) Learn mindfulness to relieve stress

5) Engage with their values about work in order to set value-driven, meaningful goals

6) Discover what drives and motivates them to succeed in life