



One-Day  
Workshop  
2023

# Resilience Strategies for Dynamic Times

## for Managers & Business Owners

A one-day workshop helping you to help others navigate & manage change & challenge

Our world has changed & now more than ever we need to have the ability to adapt quickly & be flexible when faced with change. When we can adapt in the face of adversity & develop productive, supportive, and encouraging responses to unexpected situations, we build our confidence, improve our relationships, & gain the respect of those around us. If what you've been doing isn't working & you'd like new tools & strategies to share with your people, this workshop is just for you!!

### Who should attend?

Managers & Business Owners who want to grow & develop their skills toolbox to support & empower their team members. When teams are skilled to respond constructively to unexpected situations & develop productive and positive responses, it saves everyone time & energy.

*“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 & easily
- Practical approaches to assist others who are finding things tough.

**Dates:** In-Person delivery on Fridays: **26<sup>th</sup> May; 28<sup>th</sup> July; 8<sup>th</sup> Sept; 17<sup>th</sup> Nov.**

**Time:** **9.30am – 4.30pm.**

**Venue:** **Motel Sierra Conference Room, 26 Western Hills Drive, Whau Valley.**

**Investment:** **\$199.00 +GST / person.**

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

**Please ask about booking your in-house workshop.**

In-house workshops can be delivered either in-person or via Zoom, and can be presented in one day or over 2 x half-days.



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 the Resilience Strategies Workshop

## TESTIMONALS

"... the outcomes I wanted were met; the tools and strategies are easy to follow and remember. Great resources to review afterwards. I felt involved, material was relatable and realistic, and we were welcomed and encouraged." – Marama, WorkReadyNZ, Whangarei

"Thorough, quite incredible really. Thanks. Explained material well, will be sending my team to Barbara." - Rhonda, Farmlands, Wellsford.

"Allowed us to ask questions, made the course easy to understand. There is so much you can take away to use in work and home life. Definitely give it a go – I can't recommend it enough." - Charlie Allison, Amundson & Amundson, Whangarei

"I really enjoyed the course. Barbara made it interesting, and I was engaged the whole time. I highly recommend it! Even if you feel like you have resilience to certain things in life, you would be surprised how much more you can learn." - Odette Inglis, Rental Experts

"I enjoyed the whole course ... she was very open and connected with us and broke everything down in a way we could understand." - E.J.C.E, Whangarei

"Clear communication, Te aroha, te Whakapono me te Rangimarie. Tatou, tatou e. Clear communication in a variety of ways – a lot for me to mediate on which I really enjoy." - Claudine, Maunu Kura Kaiako, Tai Tokerau

"The variety and techniques and delivery was at a good pace ... Great to have this on a Friday. Love how the scene was set at the start which made everyone seem to gel in a safe zone. If you want to enhance your techniques around calmer thinking and being a better leader, then you should do this workshop." - Brya, Blastaway Guys, Whangarei

"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

"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.

"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

"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 Workshop] Is worthwhile doing to learn coping strategies." - V.R., N.R.C.

"[This workshop] added to 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