



## Learn the Secrets of Resilience **FUNDAMENTALS**

---

### A Workshop for Managers & Leaders

---

*Ever wonder why some people take knock after knock and are still smiling, while others crumple at the slightest criticism?*

*Ever wonder why some people succeed even in the face of high pressure, challenge and change?*

*Why do some people seem to have that all important work-life-balance worked out?*

The underlying factor at play here is **resilience!**

---

#### Workshop Overview

This workshop provides managers with an opportunity to become more resilient in their work and to understand the impact that building resilient teams has on business outcomes.

[Alison Nipperess](#) and/or [Shane Warren](#) and/or [Rosie Chin-McLaughlin](#) will present the workshop and it will include real case studies to work with, practical skill sets to master and an interactive learning approach.

#### Learning Outcomes

- Resilience assessment
- Ability to identify negative thinking and self limiting responses
- Manage emotional resistance in others
- Enhance problem solving skills
- Remain task focussed despite setbacks
- Build self confidence and harness strengths

---

#### Workshop Details

- ❖ **Thursday 30<sup>th</sup> October 2008**, 8:30 am registration, workshop 9am – 5pm  
JW Marriot Hotel **KUALA LUMPUR** Desa Sri Hartamas
- ❖ **Friday 7<sup>th</sup> November 2008**, 8.30am registration, workshop 9am – 5pm  
Hilton Hotel **BRISBANE** Queen Street
- ❖ **Friday 21<sup>st</sup> November 2008**, 8:30 am registration, workshop 9am – 5pm  
Holiday Inn **POTTS POINT SYDNEY** Victoria Street
- ❖ **Friday 28<sup>th</sup> November 2008**, 8:30 am registration, workshop 9am – 5pm  
Holiday Inn **MELBOURNE** Flinders Street

*This is a small group workshop so please register early!*

*For details of workshops planned in **Adelaide / Darwin / Perth / Brisbane / Sydney / Melbourne / Newcastle / Gold Coast / Hobart / Singapore / Hong Kong / Kuala Lumpur** in the new year drop us a line now.*

#### Registration

1 person ~~\$550~~ \$330     > 2 persons per company \$220 pp Please complete additional forms

Your investment is inclusive of training fee, resources & manuals; as well as morning & afternoon tea with lunch.

# IRIS consulting



Name \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Billing Details (name& address for receipt) \_\_\_\_\_

Training Date & City \_\_\_\_\_

## PAYMENT METHOD:

Cheque (payable to IRIS Consulting / Visa / MasterCard / Amex

Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry: \_\_\_\_\_ / \_\_\_\_\_ Card Name: \_\_\_\_\_

Cardholders Signature: \_\_\_\_\_

FAX BACK to 02 9267 8382 or PO Box 1295 Darlinghurst NSW 2010

## IRIS consulting



### Supported By:



## THE WATERWORTH INSTITUTE

HRD with a difference because we know people!

