

# Resilience Booster

## COURSE OVERVIEW

In this program we focus on extending your capacity to be at your most effective as a leader, and to keep going in the face of persistent disruption and hardship.

A time of crisis is often a moment where a leader can lose perspective on themselves and their priorities. This 1:1 coaching experience is designed to help leaders to pause and look at how you are managing, what you can do differently to be more effective, and reduce your own stress and pressure.

## CONTENT COVERED INCLUDES:

- Exploring stressful narratives
- Connecting with your best self
- Ways to de-stress and maximize energy
- Resilience mindsets
- How to gain perspective on what matters

## Key Features:

- Become clear on how you restore and connect to your best
- Understand what drives your stress and begin to pivot
- Develop a better sense of perspective and balance
- Get clear on what is important to you and how to use this to bring greater energy into your day-to-day

### WHO IS THIS FOR?

Anyone needing to boost their resilience

### COURSE FORMAT

3\*1 hr sessions of virtual 1:1 coaching

AU\$995 per person inc online learning

