Building Personal & Team Resilience

Two day residential workshop

11 – 12 July 2017

In the tough and demanding working environment of today, more and more is being required from leaders and individuals within organisations. It takes strong resilience to remain focused in the face of pressing situational demands and challenges and to bounce back from the regular setbacks that life inevitably throws at us.

Bill Lawry and Nichola Jacob are teaming up to bring you this insightful and practical residential workshop designed to challenge your current thinking, habits and leadership to enable you to strengthen your resilience and thrive in an increasingly complex and ambiguous world.

Sustaining resilience in self and others is a core requirement for any leader. We view resilience holistically through a focus on the mind, heart, body and spirit. Core to our approach is an attention on how resilience is sustained through the creation and re-enforcement of habits.

What you will leave the workshop with:

- Raised awareness of what happens to you under pressure and the impact of this on others
- Behaviours to cope with pressure, enhance your ability to bounce-back and be a role model to others
- Clarity around what you can do to sustain and raise your own sense of wellbeing and that of others around you
- More accurate, analytical and flexible thinking about the situations you find yourself in
- Understanding of how to promote a culture of long term sustainable performance within your team

Time: 11 July: 10am – 5:30pm
12 July: 9:30am – 4pm

Location: Hartsfield Manor Hotel
Sandy Lane, Betchworth, Surrey RH3 7AA
nearest rail stations Dorking or Redhill

Price*: £1499 + VAT

*Price includes one night accommodation & dinner on 11th July, breakfast on 12th July, lunch 11th & 12th July

To Book contact
Christina@nurturingwinners.com

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development potential
developing leaders and their teams