



Josie Thomson

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The Neuroscience of Resilience

Building resilience in yourself & others

Why do some people crumble under pressure while others prosper during upheavals?

Why is it that a safety incident on-site, a commodity downturn or the resignation of a top performing manager sends some leaders into a spin and others calmly dealing with whatever is at hand?

The answer is... RESILIENCE.

Resilience is the distinguishing factor between those who bounce back, turning adversity into triumph and those who sink in the depths of detail, competing priorities and the sheer chaos of constant activity that surrounds us each day.

Regulating your emotional responses and consciously choosing your outlook and approach are vital elements in ensuring success. Learn about the brain to understand how to become more resilient, so that you are the creator of your experiences not simply a victim of circumstance.

Combining her personal experience, passion for enhancing human performance and studies in the Neuroscience of Leadership, Josie shares exciting scientific advances in the field of resilience which will provide you with the answers and the tools to increase your own resilience and effectiveness in fostering resilience in others.

The Neuroscience of Resilience is Josie's signature keynote event and has been delivered to hundreds of leaders, women in business and managers to rave reviews. The content can be tailored to suit your needs as either a keynote, a workshop or a half/full day training program.

Participants will learn:

- How to master the power of their mind to create quality spaces of calm, clear thinking and perspective which will inform considered decision making and action, and drive excellence in performance outcomes
- Effective methods of constructive thinking
- The power of thought and the power of attention to reduce the causes of bodily dis-ease and mental anxiety
- The principles of 'thinking on your feet' in changing conditions and multiplying results
- Key principles of mindfulness... the key to unlocking the storehouse of resilience
- How to cultivate meta-attention - the distinguishing characteristic of every successful man and woman
- How to reduce stress, anxiety and overwhelm for clarity of mind and effective problem solving

Open your mind. Enliven possibilities.