

wellness, resilience & wisdom *for the workplace*



What can the business and team members do to encourage a more productive response to change and disruption?

Leading neuroscientists and leadership development experts agree that navigating and managing change can be improved through understanding the brain and improving the way people work together in (remote) environments of increasing interconnectedness and change.



In this 60 minute live webinar, multi award winning transformational leadership coach and author Josie Thomson shares key principles of mindfulness... the key to unlocking the storehouse of resilience!

Drawing from her personal experiences and executive masters studies in neuroscience, Josie shares fundamental strategies on how you can enhance your wellbeing, resilience and mindfulness to deal with crisis and also focus on personal growth.

Learn how to regulate your emotional response and consciously choose your outlook and approach to proactively reduce stress and enhance productivity. Gain understanding of individual practices to reduce fear, anxiety and overwhelm for clarity of mind and effective problem solving to improve wellbeing and wellness of mind and body, and integrating mindfulness into your interactions with yourself and others.

Josie shares exciting scientific advances in the field of resilience which will provide you with the answers and the tools to increase your own sense of wellbeing, agility, resilience and effectiveness in fostering resilience in others.

In this highly engaging session, participants will learn how to proactively and practically engender greater resilience, which will improve the uptake of new skills, promote self-responsibility and self-management practices and improved approaches to outcomes.

Interested in a one-hour live webinar for your organisation?

Josie Thomson provides consulting, implementation, and facilitation services. Please call 0407 175 980 or email josie@josiethomson.com



Josie Thomson

Learn more at:
www.josiethomson.com