

# Resilience

excel at the mental game of  
work and life

In a disruptive, pressured and fast-paced world full of change, the ability to spring back, recover and go again is key – resilience & inner game strength is critical

## Complimentary

90 Minute Taster Session

### ***‘Master of Your Mind’***

Find out how ‘Master of Your Mind’ is changing individual lives and corporate culture around the world and how you can benefit in life and work. This session is a good fit if you or your organisation are looking for...

- ✓ Increased self-awareness & personal empowerment: learn to self-manage your physical, psychological and emotional health
- ✓ Enhanced productivity through increased vitality, motivation and concentration skills
- ✓ Practical mental rehearsal tools for managing stress, challenge and change
- ✓ Better ways to manage difficult people and situations
- ✓ Simple techniques to keep your mind on the job and perform well under pressure
- ✓ Simple ways to let go of your day and leave work at work
- ✓ Reduced absenteeism and increased workplace engagement
- ✓ Minimised risks associated with work-related stress

# Learn Our Unique **3 Dimensional Approach** To Resilience

Practical, Repeatable Techniques That Enhance Performance & Enjoyment At Home And Work



**Leading Wellbeing & Resilience Expert**

**John Perry** BA (Hons), MA, MA, MA, MSc, PGCE

*Cert Counselling, Cert Personal Construct Psychology, HG Dip.P, Cert Transactional Analysis, Adv Dip Coaching, NLP Practitioner, Rickter Scale Practitioner, SDI Accreditation, Strengthscope Accreditation, Fellow of the Higher Education Academy.*

Specialist capabilities in the areas of wellbeing & resilience management, corporate coaching, psychology and counselling. His research interests include the teaching of communication and counselling skills, the practice of human givens psychotherapy and holistic approaches to resilience & inner game management. Publications include:

- **Stress Management in the Workplace**
- **Lend Me Your Watch and I'll Tell you the Time:** The Thorny Issue of Leadership in Training Professionals in Counselling and Communication Skills

Inner game fitness, like physical fitness, can be acquired – and that's what we're all about. By helping your people become more psychologically fit, we help them use all their strengths, and to discover some they may not previously have realised they possessed.

\* This event is open to HR/Training leaders, managers and executives.



**Register Now**

Register on our website. Visit our dedicated event page:

<http://www.hda.co.uk/master-of-your-mind-16-june-15/>

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