INTERACTIVE WELLBEING WORKSHOP

Positive Psychology, Wellbeing & Resilience

Practical strategies and hacks to improve wellbeing and resilience in a fast paced world

> In today's fast paced, high demand world, maintaining personal wellbeing and psychological resilience isn't just a luxury, it is essential for sustained success. This interactive session explores simple tools that can be used in every day life to improve mental fortitude and develop resilience.

WORKSHOP THEMES

Rewiring Negativity Bias

Why our evolutionary machinery naturally focuses on threats and how simple hacks can help you sidestep evolution's default plan.

Positive Psychology

How positive psychology has impacted our understanding of positive emotions and how we can use this to improve wellbeing.

The Biology of Stress & Conversations

How the stress hormone, cortisol, impacts conversations and how we can use this knowledge to choose our timing.

Skilful Optimism & Mindset

Applying the wisdom of ancient philosopher, Epictetus, to shape our mindset and create a positive outlook.

ABOUT ABBIE

With a degree in Psychology, a Masters in Management & Strategic Leadership, a Diploma in Coaching and Positive Psychology and over 20 years experience in leadership and change roles, Abbie is well versed in the pressures of working in a high paced, continuously changing world. She draws on her years of experience and learning to bring practical tips and tricks that can be used in a way that works for each individual.

For more information, please contact Abbie to have a no obligation chat about how she can help address your challenges.

Facilitator
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