



**A strategy for coping with stress, anxiety, problem solving, conflict and work pressure to build confidence and success.**

### Key Focus Areas

- What does resilience look like
- Why does resilience matter
- Emotional Intelligence and resilience
- Coping strategies
- Building confidence
- Creating a culture of resilience
- Managing stress & Mental Wellbeing
- Conflict & Triggers
- Problem solving
- Meaning & Purpose
- Resilience & Physicality
- Life-Style
- Mindfulness
- Betari's Box
- Action Planning

### Webinar Duration :

- 2-3 hours – to include:
  - 2 x 50 mins content sessions
  - 15 minutes comfort break.
  - 15 mins Q&A

### Other Formats Available:

- 1 hour “work out”
- In person – 1 Day

### Who Should Attend

- Anyone who wants to address being more resilient for themselves and their teams

### What's Included

- Facilitated Content
- 1 or 2\* Dedicated Facilitators
- Follow Up PDF '*Postscript*' notes
- \* 2 facilitators over 20 persons

### Budget For Webinar Delivery

- £75 / Person
- £250 set up Fee
- Min Budget £500
- All prices excl Vat

### Other Format Budgets

- Please Enquire
- Min Budget £500
- All prices excl Vat

### Bespoke Content

- Bespoke organisational content can be added – Please Enquire

**STRENGTH | FLEXIBILITY | ADAPTABILITY | RESOLVE**