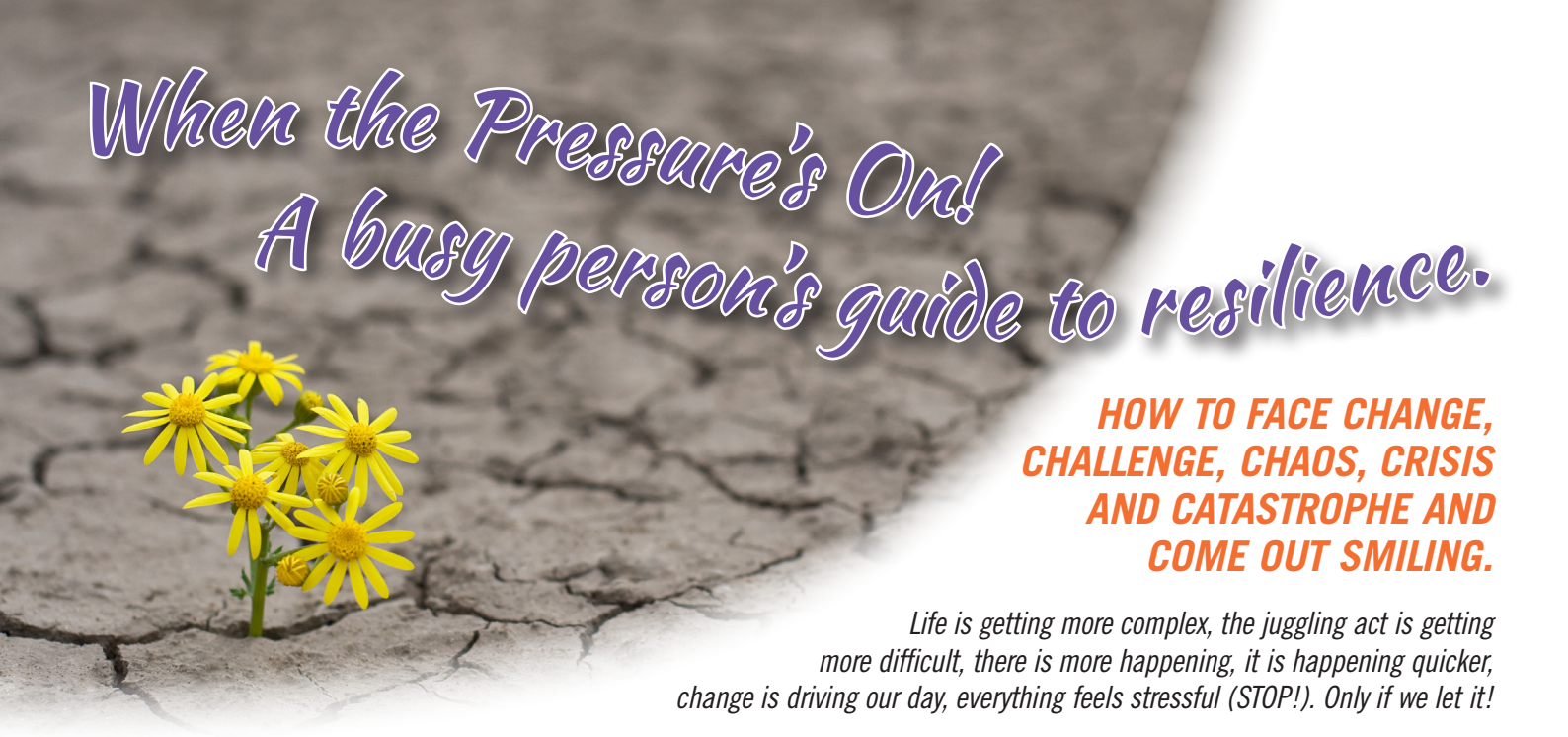

When the Pressure's On! A busy person's guide to resilience.

HOW TO FACE CHANGE, CHALLENGE, CHAOS, CRISIS AND CATASTROPHE AND COME OUT SMILING.

Life is getting more complex, the juggling act is getting more difficult, there is more happening, it is happening quicker, change is driving our day, everything feels stressful (STOP!). Only if we let it!

This session offers practical tools and strategies to manage the challenges of life (work and home) more successfully. When we develop the resilience to manage what is around us, then we discover the true, unfailing calm that resides with us – all of us!

In this session, we can cover:

- *Don't sweat what's not your stuff!*
- *Meet eLoc and iLoc*
- *Know thyself*
- *Watch your language*
- *Maintain a helpful perspective*
- *Be kind to yourself*
- *Fuel the vehicle*
- *Ask for help*
- *Have an end date*
- *Make a commitment (to help yourself).*

Could your team benefit from some proven approaches for managing pressure and uncertainty and helpful strategies for maintaining health, happiness and well-being irrespective of what is happening around them. With stress related illness now at an all-time high, can you really afford not to do something?

Keen to know more?

Contact Joan at JwJ Consulting now for more information and a competitive quotation.

All sessions are fully customised to your needs.
Session duration can be anything from 1 hour to 4 hours.

Joan Wilson-Jones B.A (ACS). M.Ed. (A&WE) brings a wealth of practical experience supported by years of relevant study to this information session. She absolutely knows that her approaches work because she uses them herself every day! Joan's sessions are fun, filled with real evidence based information and offer a host of practical strategies that truly are life changing.

JwJ CONSULTING

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