

2. Resilience



Everyone can and should be resilient. Let's make it happen.

It's All In Your Mind

Being resilient is a mind game that you master. We will help your staff excel at the essentials:

- Taking control of their space
- Dealing with pressure
- The science of thinking positively

Get a Life

The way that your staff spend their leisure time and socialise has a huge impact on their resilience, so we will explore the options here.

It's All Talk

We finish up with some super communication tips you can use to help you and the people around you through difficult times.

If you want the best start for your people, contact lene@theglassceilingproject.com

"Lene embraces life come thick or thin and you can't help but be carried along by that when you're with her."

Rob Miller, BBRC

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PROJECT