

# mindstrong

The Mindstrong program will help participants shift their thinking, excel through stressful situations and build the resilience required to take on new challenges.

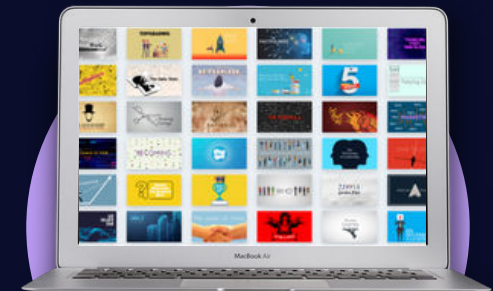
With these new skills and resilience tools, participants will be ready to explore and thrive in their future job and career path.



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1

## THE MIND

Topic one will focus on shifting thinking to establish a positive mindset, develop ongoing gratitude practices and recognise the power of perspective.

2

## UNDERSTANDING STRESS

Topic two will focus on helping to understand trauma and how to manage internal and external stresses and excel through stress and anxiety.

3

## EMOTIONAL INTELLIGENCE

Topic three will develop emotional intelligence, learn to identify the impact of your own emotions and recognise emotional strengths and weaknesses in yourself & others.

4

## PERSONAL DISCOVERY

Topic four will help discover character strengths and apply this understanding to exploring personal growth and goal setting.

5

## THE POWER OF ADVERSITY

Topic five provides the tools to find the value and lessons learned from challenges, setbacks, and adversities in order to tackle any obstacles in life.

6

## MAKE IT HAPPEN

Topic six combines all the skills learnt in the Mindstrong program to develop a personal action plan and help establish a positive outlook for the future.

## Program Details

The program consists of 6 Topics which will provide participants with the tools to build resilience which will enable them to overcome challenges both personally and professionally.

With these new skills and resilience tools, participants will be ready to explore and thrive in their future job and career path.

Through the program participants will complete an accredited unit of competency as part of a nationally recognised qualification: BSBPEF302 Develop self awareness

## Program Inclusions

All participants will receive a resilience resource pack that includes a 12 month subscription to the Calm app, The Resilience Project 21 day journal and a 12 month subscription to Read It For Me.

During the program our team will showcase these tools and outline how participants can use them in their daily routine after the workshops conclude.

## Program Benefits

- Develop resilience skills and coping strategies to bounce back from stress, adversity, hardship, and/or challenges
- Build self-awareness through reflection, case studies, and group discussions
- Add an accredited unit of competency to your CV.
- BSBPEF302: Develop self-awareness

## Psychology Based Skills

This course has been developed with Katherine McEvoy a leading psychologist with extensive experience in mental health and resilience.

