



## RESILIENT ME FACTSHEET

# The Best of You Workshop

### Overview

Our flagship course, **The Circus of Life**, covers a range of topics that provide vital mental health awareness knowledge coupled with a comprehensive set of tools to build personal resilience and to promote personal wellbeing.

Once delegates are in the right mindset, 'The Best of You' takes them to the next level - building their confidence, increasing motivation and developing personal leadership skills.

Inspired by leading motivational speakers and world class business coaches, delegates will leave this workshop ready to work and perform at their absolute best!

### Benefits of Attending

#### IMPROVED EMOTIONAL INTELLIGENCE

Delegates will understand what their own strengths are and how their behavior impacts on others

#### IMPROVED COMMUNICATION AND INITIATIVE

Delegates will understand the key behaviours of top performers and will be able to use positive communication methods to influence those around them

#### INCREASED CONFIDENCE

Delegates learn to challenge habitual thought patterns and limiting belief systems

#### IMPROVED LEADERSHIP SKILLS

Delegates learn to take personal responsibility leading to robust leadership skills

### Results

Delegates will be able to:

- Understand how to react positively to change and to challenges
- Be open to opportunities around them
- Respond positively to negative behaviours
- Identify their strengths
- Understand their impact on others
- Identify the key behaviours required to consistently perform at their best
- Increase confidence in their ability to achieve
- Adopt a positive mindset and encourage personal leadership

### Key Topics

- Key behaviours of top performers
- Understanding personal strengths and building on them
- Personal impact and communication strategies
- Building personal leadership and self-motivation
- Dealing positively with negative behaviour

### Who Should Attend?

Anyone who wants to develop the personal skills to become the very best they can be. It is recommended that delegates attend The Circus of Life workshop prior to enrolling on this course.

### Duration

1 day 09:30 – 16:30

For more information or to check dates and availability please contact Resilient Me



**resilientme**  
STRENGTH THROUGH UNDERSTANDING

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