

# High Performance Mindset at Work Resilience



*Elite athletes and top performers have an advanced capacity to regulate their levels of emotional arousal and to stay calm in tough, competitive situations.*

Michael E. Bernard

This highly acclaimed workshop presented to more than 10,000 people across Australia, is designed to promote participant self-awareness and self-management when faced with stressful situations including difficult people.

A specialised focus of the workshop is empowering people with the knowledge that "Things are neither good nor bad but thinking makes it so". People will learn how to transform stress-creating ways of thinking as well as new coping skills for mastering stress.

### Who is this workshop intended for?

For employees at any level experiencing ongoing or acute stress. This workshop can be offered over a half or full-day.

### Workshop topics

- + What is resilience (self-management)?
- + Tough work situations, challenging tasks and difficult people

- + Common internal obstacles
- + The ABCs of emotions
- + Check-up from the Neck-up
- + Strengthening the Executive center of the brain
- + Cognitive re-structuring
- + Coping skills
- + Behavioural strengths
- + Individual Action Plan
  - » Take Stock
  - » Take Control
  - » Take Action

### Benefits

- + Strengthening of resilient mindset
- + Greater self-awareness
- + Increased self-management and calmness
- + Greater effectiveness in tough situations
- + Greater positivity and self-belief
- + Less job stress



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