

Everyday Resilience

How to turn your thoughts from 'inner-critic' to 'inner-coach' to be more effective and live everyday with purpose.

Synopsis

Peak's one-hour course provides participants with the skills to recognise and manage the unhelpful thoughts which criticise and create lifelong personal barriers. By exposing the origin of these thoughts and why they appear, participants can learn how to convert their inner critic, to find their inner coach for more effective action.

Everyday Resilience will help increase your confidence to help challenge the unpleasant emotions, thoughts, and feelings which show up in our everyday lives to help us live with meaning and purpose.

Course Topics

- What is resilience?
- How to bring resilience to our everyday suffering
- Challenging the myth of emotional control
- Understanding the origins of our unhelpful thoughts
- The true intent of our unpleasant thoughts
- What we do when we 'obey' our unhelpful thoughts
- How to find our inner coach and to live our values.

Who is it for?

This course is suitable to all Local Government employees from front line staff to executive management. Learning how to drop our struggle with our inner critic, is a skill we can all benefit from.



Prequalified Supplier Arrangement

Course Details

Delivery: Virtual delivery

Structure: Workshop / interactive

Time: 1 hour

Class Size: Max 20

Cost: On Request

The Trainer

David Contarini is a dynamic and accomplished facilitator from humble beginnings as a physical education teacher to delivering engaging content in the leadership, events, sports management, road safety education & health and wellness sectors. David holds a Master's Degree in Management and Diploma's in Teaching & Events Management. David is also a professional counsellor and operates a private practice in Brisbane.

