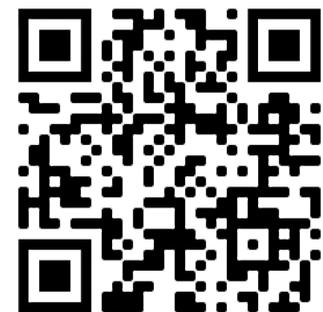


mindstrong

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.



INCLUDED



INCLUDED



INCLUDED

1

THE MIND

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

2

UNDERSTANDING STRESS

Session 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

Session 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

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

5

THE POWER OF ADVERSITY

Session 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

Session 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 is 6 sessions over 3 weeks via Zoom with each session scheduled from 10.30am to 12.30pm (Sydney Local Time) Tuesdays and Wednesdays.

The program intentionally runs over 3 weeks allowing our team to guide the students through their 21 Day Resilience Project Journal, which is included in the program.

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.

Psychology Based Skills

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

