

Mental Resilience for Frontline Workers

14 Feb | Online

Practical strategies to strengthen mental toughness for real-world demands

- Understand mental resilience and its importance to your health, performance and relationships
- Identify and manage your personal stressors and triggers
- Learn practical strategies to enhance your resilience in the face of challenges, change and failure
- Develop a growth mindset and learn how to seek and provide support within your community

THE AGENDA

Workshop

14 FEB | 9:00 - 4:30

- Understanding resilience and its relevance
- Strategies to cultivate personal resilience
- Professional resilience - building resilience to workplace stress
- Building a resilient community

YOUR FACILITATOR

Andrew is a resilience mental health trainer and leadership coach with 16 years of experience in the Australian Army, which included demanding positions within both the Infantry and Special Forces. Since leaving Defence, Andrew has been in instructional and medical positions including FIFO work in WA, and provided mental health first aid training to organisations in security, mining and emergency services. Andrew has experience in training and leadership both domestically and internationally.



Andrew Palacios
Director
AEP Consultants

GROUP DISCOUNTS

3 - 4 Attendees

10%

5 - 7 Attendees

15%

8 - 9 Attendees

20%

10+ Attendees

25%

BOOK NOW AND SAVE

Rapid Action

Save \$800

Ends 13 Oct

Value Plus

Save \$600

Ends 1 Nov

Super Saver

Save \$400

Ends 1 Dec

Early Bird

Save \$200

Ends 22 Dec

Call +61 2 8239 9711 Priority Code - I

Registration Information

Organisation Name

Address Suburb State Postcode

Booking Contact Information

Title Full Name Position Email Phone

Delegate Information

Table with 5 columns: #, Title, Full Name or TBA, Position, Email. Rows 1-10.

Pricing

Pricing options: Rapid Action (Save \$800), Value Plus (Save \$600), Super Saver (Save \$400), Early Bird (Save \$200), Standard Rate. Includes group discounts table.

Conditions: Group Discounts apply for bookings made simultaneously. Only one discount applies. Group discounts apply to standard rates only.

Payment Details

Payment is required prior to attending this event.

Payment method options: Credit Card, Cheque, Electronic Funds Transfer, Please invoice me. Purchase Order No. #

Credit Card Details - Please charge my credit card for this registration: Card Type, Card Number, CVV, Full Name as on card, Cardholder's Contact Number, Signature

Electronic Funds Transfer (EFT) details: Westpac Account Name, BSB, Account No, SWIFT Code, Amount

Authority

Authorising Manager's Details: This registration is invalid without a signature

Authority form fields: Name, Position, Phone, Email, Signature, Date

Email this form to: registration@liquidlearning.com.au or Call us on: +61 2 8239 9711

Registration Policy: If you are unable to attend this event, you may send a substitute delegate in your place at no additional cost.

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