

Thriving Through Change: Resilience, Performance & Mental Health

5 Jun | Online

Empower yourself with practical strategies to navigate change and maintain mental wellbeing

- Understand how change impacts mental health
- Cultivate stress management skills for enhanced mental well-being
- Explore resilience tools to effectively navigate setbacks
- Shift your mindset to see change as an opportunity for personal growth

THE AGENDA

Workshop

5 JUN | 9:00 - 12:30

- Understanding the impact of change on mental wellbeing
- Practical stress management and self-care practices
- Change Fatigue: Bouncing back from setbacks and maintaining a positive mindset
- Embracing change as an opportunity for growth and personal development

YOUR FACILITATOR

Melissa is a psychologist and specialist in developing proactive interventions that improve employee wellbeing, drawn from over a decade working with the Australian Army running a military mental health unit supporting a unit of 1200 soldiers. She is also the founder of the Parramatta Psychology Clinic, in 2012, and provides EAP counselling, where she specialises in Managing Mental Health in the Workplace and Adaptability.



Melissa Harries
Principal Psychologist
Mindset Psychology

GROUP DISCOUNTS

3 - 4 Attendees

10%

5 - 7 Attendees

20%

8 - 9 Attendees

25%

10+ Attendees

30%

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