Emotional Agility Merkshop



30 Jul | Online

Embrace adaptability and resilience - A practical toolkit for managing emotions with ease

- · Develop awareness and understanding of emotions
- · Build skills to effectively navigate emotional stress
- Develop resilience skills to respond to challenges with flexibility
- · Connect emotions and actions with core values for authentic decision-making

THE AGENDA

Workshop

30 JUL | 9:00 - 4:30

- Understanding emotions and triggers
- Exploring your why and values
- · Building emotional resilience and well-being
- Integrating emotional agility into your daily life

YOUR FACILITATOR

Amy is a highly sought-after leadership coach and trainer, and one of Australia's leading Emotional Intelligence (EI) specialists, with over twenty years of expertise across learning, leadership and organisational development. Known for her dynamic facilitation and presentation skills, Amy can connect and motivate groups of all sizes, technical capabilities and levels of leadership, across many sectors and industries, including adult education, public sector and financial services. Amy has built her career working with some of the best – IAG, ANZ, Contiki, Avis, Australian Institute of Management, Dress for Success, and many more!



Amy Stewart Leadership & Organisational Development Specialist

GROUP DISCOUNTS

3 - 4 Attendees

10%

5 - 7 Attendees

20%

8 - 9 Attendees

25%

10+ Attendees

30%

BOOK NOW AND SAVE

Rapid Action

Save \$500

Ends 13 Mar

Value Plus

Save \$300

Ends 12 Apr

Super Saver

Save \$200

Ends 10 May

Early Bird

Save \$100

Ends 7 Jun



Emotional Agility Workshop 30 Jul 2024 | Online

BOOKING FORM

Event Reference: EAGW0724A - O Priority Code: I

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Organisation Na	ame							
Address			Suburb			State	Postcode	
Booking Contac	ct Information							
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Ends 13 Mar E			Ends 12 Apr En		10 May	Ends 7 Jun		
Rapid Action Save \$500		Value Plus Save \$300		Super Saver Save \$200		Early Bird Save \$100	Standard Rate	
\$999 +gst = \$1098.90		\$1199 +gst = \$1318.90		\$1299 +gst = \$1428.90		\$1399 +gst = \$1538.9	\$1499 +gst = \$1648.90	
GROUP DISCOUNTS	3 - 4 attendees 10%	5 - 7 atte		- 9 attendees 25 %	10+ attendees 30%	No. of Attendees	Total incl. GST	
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Cheque (payable to Liquid Learning Group Pty Ltd) Note: 2% surcharge applies to American Express payments							Westpac Account Name: Liquid Learning Group Pty Ltd BSB: 032 002	
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Authority Authorising Manager's Details: This registration is invalid without a signature								
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