Mental Resilience for Frontline Workers

10 Jul | 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

10 JUL | 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

20%

8 - 9 Attendees

25%

10+ Attendees

30%

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Mental Resilience for Frontline Workers 10 Jul 2024 | Online

Registration Information

BOOKING FORM

Event Reference: MRFW0724A - O Priority Code: I

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Address			Suburb		State Posto	code
Booking Conta	ect Information					
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