

# 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%**

### BOOK NOW AND SAVE

Rapid Action

**Save \$500**

Ends 23 Feb

Value Plus

**Save \$300**

Ends 21 Mar

Super Saver

**Save \$200**

Ends 24 Apr

Early Bird

**Save \$100**

Ends 21 May

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

Pricing

Pricing options: Rapid Action (Save \$500), Value Plus (Save \$300), Super Saver (Save \$200), Early Bird (Save \$100), 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. Group discounts are not applicable to Rapid Action, Value Plus, Super Saver and Early Bird rates.

Payment Details

Payment is required prior to attending this event.

Payment 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 Visa MasterCard American Express

Note: 2% surcharge applies to American Express payments

Card Number, CVV, Full Name as on card, Expiry

Cardholder's Contact Number Signature X

Electronic Funds Transfer (EFT)

Please transfer funds directly to: Westpac Account Name: Liquid Learning Group Pty Ltd

Amount

Please quote ref MRFW0724A - O and registrant name

Authority

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

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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