

Tough Times

Don't Last Resilient People Do



To have a resilient organisation we first need resilient leaders and teams. This presentation is designed to help you build your professional resilience so you can better deal with the curveballs and cannonballs that we can't control. Whether you are experiencing changing business models, financial challenges, disengaged teams, or feelings of overwhelm in this uncertain world, this impactful session will empower you with practical strategies that you can immediately implement.

YOU WILL LEARN



1. Priorities

Gain an insight into which of your professional strengths and capabilities are decreased when there are too many rusty holes in your resilience bucket.

2. Performance

A strategy on how to flip your automatic response to stress into a high-performing state of flow so you can get more done, in less time, with fewer mistakes.

3. Perseverance

To proactively build your resilience with a 5-part formula so you can bend rather than break during high-pressured times.



Powerful storytelling that resonates deeply with audiences

“Vibrant and engaging on stage, equally amazing in a virtual environment, Heidi is the master at helping individuals and organisations build resilience so they are better equipped to handle the tough stuff when it is thrown their way.”



Claire Baines, GM
Hands Group