

Fit for the Year Ahead: Building Personal and Team Resilience

At the height of the pandemic, stress and anxiety levels rose around the world. While many restrictions are now behind us, the challenges we have faced over the past few years have taken a considerable toll.

As we progress through 2023, many workplaces are on a journey to rebuild the resilience and energy levels of their workforce as they adapt to the 'new normal' and face new challenges.

According to Forbes, resilience is one of the most important factors in our ability to thrive and be successful while McKinsey believes that resilience (in its many forms) is emerging as "a vital muscle" for companies and is one of the top priorities for many CEOs worldwide.

This interactive workshop will explore practical ways to boost personal and team resilience. It will draw on evidence-based tactics for building personal resilience, and it will also look at ways to address psychosocial risk factors in the workplace.

The session will focus on:

- Building personal and team resilience – an international perspective
- Balancing performance and pressure
- Recognising stress and pressure warning signs
- Creating working environments where people can perform at their best
- Ways to re-set for the year ahead

Session Details

Date:

Friday 12 May 2023

Location:

Hyatt Hotel
38 Dalmore Drive,
Scoresby

Session Time:

8:45am arrival for 9:00am start.
Session will conclude at 11:45am.

Attendance at the Forum is complimentary and will include morning tea and refreshments.

Please RSVP to:

Samantha Pack on 03 8545 7508 or email spack@dfp.com.au

by Monday 08 May 2023

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The Facilitator – Lisa Mayocchi, Principal Consultant – Yes Psychology



Lisa is a Wellbeing and Leadership specialist with more than 20 years of experience throughout Australia and the UK.

Lisa is passionate about creating the right culture for sustained high performance. Trained as a psychologist and with a Doctorate in Organisational Psychology, Lisa brings a calm, confident energy to her consulting, facilitation, and training, helping leaders to bring out the best in their team.