



TWO HALF-DAY WORKSHOPS

Get Strong Stay Strong

Be resilient and grow

DATE AND TIME

Tues 7th & Tues 14th
September 2010
9am – 12pm

VENUE

Adelaide University
Research Park
Stirling Street
Thebarton
South Australia

COST

\$495 per person
includes GST,
Workbook and
Morning Tea

TO REGISTER

RSVP to IOD Office
Email info@iod.com.au
Tel 08 8351 7762

Cancellation Policy:

Workshop fees are non refundable
on cancellation or withdrawal up to 5
working days prior to the
commencement of the workshop

Some people get through life happily thriving despite all the challenges, disappointments and stresses we all constantly face. Some people seem to be immune to depression and distress, while others experience aspects of depression in their lives. Non-depressed people and those who seem to thrive despite the odds are likely to be **resilient** people. **Resilience** will help you respond positively despite the challenges presented by life. Fortunately you can learn to be more **resilient** and build your personal **resilience**.

The workshop

Get Strong Stay Strong will help you to understand resilience, why it is so important and how to develop more of it in your life. This workshop incorporates many effective techniques to help you identify personally useful changes so you can grow your resilience and build your capacity to resist depression. In this workshop hypnosis is used to make it easier for you to change the things that you decide to vary, so you can be more resilient and grow. **Get Strong Stay Strong** will give participants the opportunity to apply the principles and concepts learnt in Part 1. In Part 2, successes will be celebrated and challenges can be confronted for future success.

Who will benefit

Anyone who wants to develop their capacity to respond more effectively to the pressures and stresses of their working and private lives and build personal resilience.

About the presenter

Shelley Rogers is the Principal Consultant and founder of Individual & Organisational Development. She is a registered psychologist specialising in organisational issues and has over twenty five years experience working in a range of education, training, employment development and research areas in all tiers of government in urban and rural Australia and in a variety of private and community organisations. Drawing on her experiences as an educator and her training and practice in psychology, including hypnosis, Shelley uses a wide range of evidence-based techniques to help her clients achieve their personal and organisational goals.

About Individual & Organisational Development (IOD)

Individual & Organisational Development was established in 2004 to provide effective advice and project management to individuals and organisations. Using the latest evidence-based psychological principals and practices IOD helps organisations and individuals bring about desired changes.

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