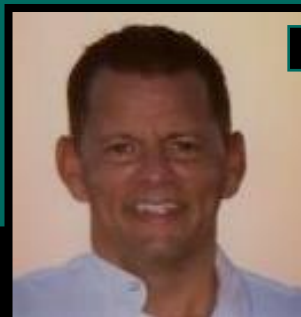




## Meet Your Hosts:



Lisa Upton



Steve McGuire



### Our Goal:

To help you prepare for adversity and build resilience in yourself and your teams.

## What we will cover:

During this 60 minute workshop you will learn about the science of resilience, including some useful hints and tips to help you build your own resilience and support your teams and colleagues to build resilience in themselves as well.



## Did you know?

Adversity is part of the human experience its what makes us human, and somehow throughout the course of evolution we have managed to decode the fundamental elements that make us more resilient.

**The good news: We have the ability to strengthen our resilience, and better prepare for adversity.**

Acceptance

Focus

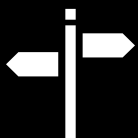
Perseverance



Suitable for between 6 and 150 attendee's  
Virtually or F2F



A useful workbook will be provided after the session



The Resilience Code Team Building/Community Workshop 2 Days  
- Face to face

Snowden is part 2 and the follow on to this session

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