

SHIFTING THE GFC MINDSET

REDUNDANCIES, RESTRUCTURING, REVISED TARGETS, REMOVAL OF BONUSES... SOUND FAMILIAR?

2009 has been a challenging year with many employees impacted by the increasing demands and continuous pressures placed upon them.

How do you ensure that your workforce is optimistic, engaged and aligned for a successful start to 2010?

Meiron Lees, Executive Director, InnerCents (a specialised training and coaching company), and Author of *D-Stress - Building Resilience in Challenging Times* will guide your team through a 3 hour workshop, helping them shift beyond the doom and gloom of 2009 into a confident, focused and resilient mindset.

"I was initially apprehensive about initiating a workshop on how our people can manage themselves more effectively. In hindsight, it was one of the best investments I've made this year. Meiron's extensive financial business background, coupled with his intricate understanding of human behaviour, resulted in a renewed sense of optimism and confidence."

Tony Rubin,
Group Manager Finance & Control,
IAG



InnerCents

DEVELOPING PRODUCTIVE, LOYAL PEOPLE

SHIFTING THE GFC MINDSET
WORKSHOPS WILL BE TAILORED
TO YOUR ORGANISATION'S
SPECIFIC REQUIREMENTS.

WORKSHOP COST: \$3,000 (ex GST)
Up to 40 participants per workshop

For a confidential discussion,
please contact Meiron on
Tel: 02 9232 8828
Mob: 0410 519 499 or
Email: meiron@innercents.com.au

WORKSHOP OUTCOMES

PARTICIPANTS WILL LEARN:

- The causes of stress and how it affects our physiology, psychology and emotional wellbeing
- About “good stress” and how to find the optimum level of stress
- What is resilience and why we need to build it
- 3 powerful resilience builder techniques
- The key tools to remaining calm and in control in highly pressured situations
- 7 steps to creating an optimistic mindset
- How the Red Card technique can help control our Thought Attacks™
- Daily resilience building routines

THE COMPANY WE KEEP



InnerCents

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