



THE SUBTLE ART OF **BUILDING RESILIENCE**

During key evolutionary times like now, how is your team managing through the changing work patterns?

For many people, the increasing pressure of working life means that it is very hard to get the right balance.

Now, more than ever we need to find a way of maintaining our well-being whilst delivering outstanding performances and keeping up with the VUCA world.

Resilience as we know is the capacity to recover quickly from obstacles.

Join Pause Play as we create an experience that:

- 1.** Helps you to consciously change the lens you use to view the world.
- 2.** Identify what hampers your resilience and help you overcome those obstacles
- 3.** Strengthen your pillars of resilience
- 4.** Will give you tools to feel empowered and focus on things that are in your control.

As we stand on the brink of a global metamorphosis, catch this opportunity to make a more resilient workforce that shines tomorrow.

Join our open workshop on 12th, 13th, and 14th
August 2020
4:30 pm - 6:00 pm | Zoom

**Or connect with us to get a tailor-made program for
your team**

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