

Half Day Professional Development Training



Proven Tools and Strategies to Build Emotional Resilience

The health of an organisation and the health of its workforce are inextricably linked. Business and its employees can only prosper and be successful when both are healthy in every way.

This training (licensed to the Stress Management Institute), helps individuals identify stressors, build emotional resilience and provides participants with unique evidence-based tools and strategies to manage and reduce stress. The outcome is a more agile workforce who have grit and mental toughness. The Time Tamer works to support individuals to bring about sustained integration of the mental, emotional, physical and energetic factors that are the determinants of building resilience.

Stress is a very personal thing and everyone has different triggers. Two people can experience the same situation, one will find it stressful, the other will not. This is why a one-size-fits-all approach is not effective.

During the **Foundations of Emotional Resilience** training, participants will learn a number of emotional resilience tools and strategies. Participants will build a foundational Emotional Resilience Toolkit from the evidence-based tools and strategies that work best for them.

The techniques include: Guided meditation, visualisation, reframed thinking, re-channeling brain pathways, neuroplasticity exercises, focused positivity training, choosing emotional intelligence, mindfulness, resilience exercises, resourcefulness, re-calibrating emotional responses, creating healthy & useful hormone responses, precise breathing techniques and Applied Kinesiology testing.



The Foundations of Emotional Resilience™

Currently, the Time Tamer is the only business licenced to deliver this specialty training developed by the Stress Management Institute.

Outcomes

At the conclusion of this training, participants will...

- Have a practical foundational Emotional Resilience Toolkit
- Have a better understanding of their own stress triggers
- Build better relationships with their colleagues, friends & loved ones
- Have tools to engage positive psychology
- Be happier and more productive
- Learn how to remain calm in previously stressful situations
- Differentiate between 'good' and 'bad' stress
- Complete each day with greater energy and focus
- Be more resilient to life's challenges.

Course Outline

Key Points:

- The way we think about resilience determines our body's response to stress
- Wellbeing solutions: proactive vs reactive approaches
- Preventing/minimising the effects of stress is the key to good health
- Awareness: Your body doesn't lie!
- Learn and experience various evidence-based tools & strategies

Emotional Resilience Strategies:

- Be aware of your physiology in the moment
- Energy management awareness
- Choose proven nutrition and posture
- Create a habit of low and slow breathing
- Be mindful with meditation and visualisation to find inner calm
- Harness your 'Happy Hormones'
- Learn how to 'hack your brain'.

Duration: Half Day

Cost: \$550 plus GST for up to 20 people. Excludes room hire, catering or travel costs. If you require a customised training program to meet your personal needs, an additional fee of \$500—\$1,000 will apply depending on the level of variation.

Technical Requirements: Client needs to provide, laptop projector and printed workbooks at their own cost.



WHAT PEOPLE ARE SAYING ABOUT BARBARA'S TRAINING



Although already quite organised myself with reasonable time management tools, I was pleasantly surprised to walk away with quite a few new and different ideas to help me improve. If these are areas of challenge, then I suspect you would walk away with heaps of great strategies, that you can implement straight away, to get back more time in your day. I can thoroughly recommend this training workshop.

Donna Stone, Stone Consulting.



I attended a workshop Barbara facilitated. She is a warm and natural facilitator and brings her experience to the task at hand in a seamless manner. A pleasure to participate.

Dr Joanna Henryks, Senior Consultant, Matrix on Board



I attended a few of Barbara's talks about time management, procrastination, communication and planning. Her talks are interactive, highly motivating and fun. The business world needs more of these types of speakers.

Stephanie Sugito, Administration & Management Assistant.

I am so grateful that I spoke to you, because the training was exactly what we needed. We have been working daily on our self-care and positive mental health and wellbeing both in and out of the workplace –this training has allowed us to strengthen what we already had in place whilst giving us new daily and as needed coping strategies to work on and practice.

The scientific side of the training, was hugely beneficial to us as it allowed us to understand what was happening to our stress levels/bodies during our very stressful period. We now have strong strategies, boundaries and coping tools in place. Additionally, we have a clear understanding of why it is so important to continue to shift our mindset and behaviours, which only motivates us more to stay healthy and well in all aspects.

All in all, a very practical and positive experience, completely relating to what we needed support with which is interconnected to not only our work practices but our personal lives as well.

E, Alice Springs, NT



We recently engaged Barbara to deliver and facilitate a 45 min workshop on Negotiation Skills. It was only a short session but some key phrasing and concepts were communicated in that time. [Participants] identified the Negotiation Skills workshop as one of the useful take-aways from the 3 day program. One of the attendees, 1 week later said that they had used some of the learnt negotiation approaches the next day and it had had a successful result. Looking forward to being able to work with Barbara again on a longer session.

Sally Clifford (no relation), General Manager, Matrix Consulting Northern Australia — Matrix on Board



More About Barbara Clifford

Barbara Clifford (The Time Tamer) assists busy working people to minimise stress and maximise time. She has spent over 20 years working in stressful and time precious industries such as film, hospitality and marketing. She has always had a passion for making sense of things. Having worked in creative and service based industries, Barbara is sought after like a beacon in a sea of chaos to simply get things

organised! Barbara is a master at facilitating group learning by drawing out personal knowledge in a way that the group feels enlightened and empowered.

Barbara's professional experience has been diverse and included contracts with small business, Not For Profits, Aboriginal Organisations, Media, Marketing, Universities, Cruise Ships, Aged Care and Health Services to name a few. Barbara is a highly regarded industry expert, media contributor and international speaker.