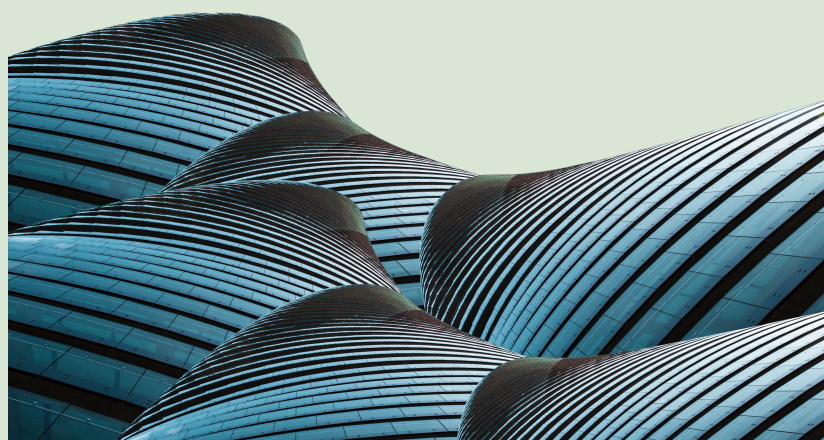


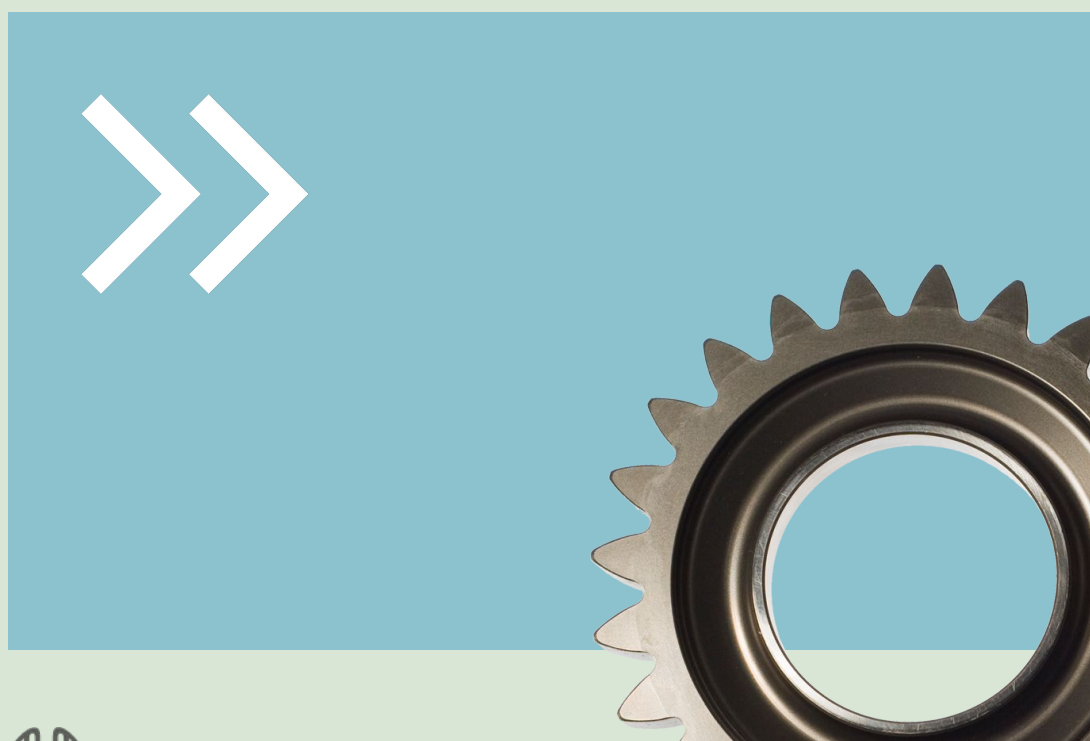
# HEDROC TRAINING WORKSHOPS

Workshop Title	The Resilient Leader
Workshop code	HD0017
Format	Online - Interactive Webinar
Trainers	Hedroc Consultants (Clinical Psychologist & Associate Trainer)
Duration	50 mins
Target audience	Senior level managers and leaders
No of attendees	Unltd



Aims:

- To deliver practical tools, that are easy to implement into busy lives, that support leaders to be at their best under pressure
- Guiding managers to build self awareness around the patterns that support and hinder their resilience
- Presenting cutting-edge information on the science of resilience among leaders at work
- Supporting leaders to thrive in a disruptive, complex and virtual world
- Commitment to changes of behaviour patterns that aid adaptation to a shifting work culture
- Role-modelling resilience to enable team wellbeing



For further information and bookings,  
please contact:

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For all services relating to managing  
employee mental wellbeing, visit:

[www.hedroc.co.uk](http://www.hedroc.co.uk)

