

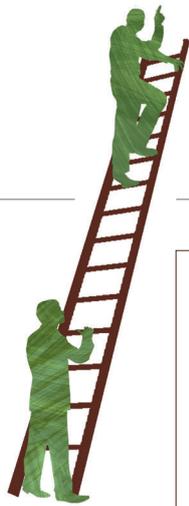
# UPlifting Resilience Workshops

> Step UP to Your Infinite Potential<sup>®</sup>



 RESILIENCE

OVERVIEW



Infinitus<sup>®</sup> partners with you to build an uplifting customised solution for your professional development needs. The creation of a relaxed atmosphere cultivates an energising and supportive learning environment leaving participants motivated and UP. Workshops can be designed to meet your exact needs using our customised methodology, or you can select from these base programmes.

## ***Make the Most of Every Minute***

> Maximise your personal potential and productivity

1 DAY

Take control of your energy and time! Expand your understanding of nutrition, goal setting and time saving tips. Break through the brain fog and create a blueprint to optimise your time.

## ***Think UP to Build Resilience***

> Power Up your energy, thoughts, emotions and reactions

1 DAY

Make resilience a top priority! Learn to bust stress by utilising over 50 tips and techniques within the Infinitus<sup>®</sup> seven-pillar framework. Explore the power of your thoughts and perceptions and discover strategies to manage your emotions and reactions.

## ***Think UP for Sales Success***

> Master the sales mindset

1 DAY

Sales success is underpinned by resilience and optimism. This workshop will assist you in exploring the power your attitude, habits and thoughts have on your energy, focus and results.

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## **Body Fuel to Power UP**

> Maximise energy peaks and ditch the troughs

3 HOURS

Ever feel like your day is an up-hill climb at snails pace or you've been on a roller coaster? Change gear here! Discover how to Drink Up, Sleep Up and Eat Up to power through the brain fog and inject life into your day.



**Training Techniques** > These workshops are highly interactive involving uplifting individual, paired and group exercises. Discussions, case studies and brainstorming sessions ensure a practical edge and put theory into practice.



**Pre-work** > For the best traction and engagement participants complete a pre-work assignment. This analysis of workplace situations is intended to be thought provoking and a great foundation for the training. Pre-work allows us to hit the ground running at the workshop with real-life information.



**Follow Up** > Each participant will create an action plan to ensure continued self-development in the workplace and the greatest gains for the organisation.