

# 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 was first developed by the Stress Management Institute to help 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 Hinwood Institute works to support individuals to bring about sustained integration of the mental, emotional, physical and energetic factors that are the determinants of building resilience.

### **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 and manageable stress levels
- 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, finding the solution to work/life balance
- Establishing healthy boundaries
- Be more resilient to life's challenges

### **This training is ideal for:**

- Those that are working in care based industries
- Those new to a role or position
- Anyone wanting to build their confidence in strange or new environments
- Those seeking to build a resilient team and improve workplace wellbeing.
- Leaders aiming to manage stress effectively and foster a positive and productive work culture
- Professionals in high-pressure roles who face unique stressors and need tools to maintain focus, balance and productivity.
- Anyone finding themselves needing to manage in the moment.

**Cost:** \$1000 plus GST. Excludes room hire, catering or travel costs. If you require a customised training program to meet your personal needs, an additional fee will apply depending on the level of variation.

**Technical Requirements:** The client needs to provide internet, project, speakers and printed workbooks at their own cost. (AV equipment can be provided for an additional fee.)

## WHAT PEOPLE ARE SAYING ABOUT THE HINWOOD INSTITUTE TRAINING



Some justifiably call me a control freak, and as I believe in setting the benchmark and never having engaged Barbara before, naturally I was nervous. What a waste of stress, Barbara was a true professional, constantly discussing and refining what I wanted and how I wanted the subject matter delivered.

The webinar was full of webinar newbies, including us. It was a tough gig with participants at first reluctant to join in. I can only describe Barbara's webinar in two ways:

1. Complete professionalism, brilliant delivery
2. Complete success



Barbara has the capacity to explain complex topics simply. Always appreciate her flexibility and understanding of businesses diverse needs. She has a wealth of knowledge that converts to practical outputs.

**Sabina Vitacca, Mindfulness Consultant**



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.**



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**



### More About Barbara Clifford (your facilitator)

***Barbara inspires others with her enthusiasm for making things easy.***

Barbara Clifford (The Time Tamer) is a co-founder of The Hinwood Institute. She is the lead trainer and coach in Time Management and she is a recognized leader in Stress Management.

An experienced coach, speaker, columnist and facilitator, Barbara's work with The Hinwood Institute assist people to unclutter mess, make order from chaos and swap the shackles of overwhelm for freedom. Barbara's clients move from the relentless hamster wheel to waking inspired, motivated, making decisions with purpose and achieving peak performance.

She has spent over 20 years working in stressful, time precious industries such as film, hospitality and marketing. Since then, Barbara has worked with small business, Not For Profits, Aboriginal Organisations, Media, Marketing, Aged Care, Universities, Health Services and Cruise Ships. She lives in the desert of Alice Springs, Australia working with people around the world.



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