

Want to learn to be more resilient to the ups & downs of working as a freelancer or employee?
Want to improve your own resilience in your day to day working life to change and set-backs?

You'll love 'Be Resilient'
two inspirational & practical workshops,
led by Andry Anastasiou

Tuesday 14th July 2015, Impact Hub Brixton, London



'RESILIENT MOMENTS' - morning workshop (Tuesday 14th July, 10am - 1pm)

This workshop covers **key insights** about what resilience is and **what helps you be more resilient**. You'll look at what resilience means to you, compared to how it's seen in the media and popular culture. Using strategies developed from 5 years of research, you'll examine ways in which you can **achieve** greater personal resilience as a freelancer or employee. You'll leave the workshop with a clearer idea of how you can be more resilient in the face of constant change, financial pressure and client interaction.

'RESILIENT ACTIVITIES' - afternoon workshop (Tuesday 14th July, 2pm - 5pm)

This workshop gets you **experiencing resilience building**. You'll assess your own levels of resilience using the fantastic 'resilience wheel'. You'll identify which aspects of resilience you may need to develop for your work and your business. In small groups, you'll take part in a discussion and 'curiosity-based' resilience-building activity, that helps develop a resilience mind-set and supports you practically as well. You'll **experience** how resilience tools can help you at work in various ways e.g. to be more calm & relaxed at networking, pitching or presentation events.

(Taking part in the morning workshop 'Resilient Moments' is essential if you want to book on 'Resilient Activities'. That's because the 'Resilient Moments' morning workshop covers the key insights needed for the afternoon 'Resilient Activities' practice).

Book online at eventbrite: <http://www.eventbrite.co.uk/e/be-resilient-tickets-17085006715> Or send booking form to: andry@thelearningmoment



‘What did you get from the resilience workshop?’

‘I liked the way that resilience can be used in all parts of my life, it is now firmly located in my conscious.’

‘It focused me on what's important - e.g. setting boundaries, so that I can feel like 'I have a life'.

‘I enjoyed the opened discussions. Andry is passionate about what she does - love it! Looking forward to next session.’

Andry Anastasiou from The Learning Moment, is facilitating these creative workshops, at the wonderful [Impact Hub Brixton](#) in Brixton, South London. Andry has been designing and leading resilience workshops for five years. She's a skilled, highly experienced & qualified facilitator & career, creativity & life coach too. She's worked as a successful freelancer and employee too over 27 years - so she's learnt what helps her and others to roll with change!

The workshops involve small group activities and one-to-one reflection, all set in a supportive atmosphere.

Early bird offers give you a great discount too, so get booking now!

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the learning moment ltd www.thelearningmoment.org T: 07984 107728



Two easy ways to book

1. Book through Event Brite: <http://www.eventbrite.co.uk/e/be-resilient-tickets-17085006715>
2. Book using the form below and we will invoice you/ your company. Payment or a purchase order number will be required prior to the workshop to secure registration. Payment terms are 14 days.

Booking Form:

Resilient Moments (a.m.) Tuesday 14th July, 10am -1pm £65 early bird offer (until 26th June) /£75	<input type="checkbox"/>
Resilient Activities (p.m.) Tuesday 14th July, 2pm - 5pm (Taking part in the morning workshop is essential if you want to book on this afternoon workshop. That's because the 'Resilient Moments' morning workshop covers the key insights needed for the afternoon 'Resilient Activities' practice). £65 early bird offer (until 26th June) /£75	<input type="checkbox"/>
Your Name:	
Job Title & Department:	
Organisation:	
Full Address:	
Your Tel:	
Email:	
Purchase Order Number and/or Promo Code e.g. Impact Hub code:	
Special Requirements:	

Venue address: Impact Hub Brixton, Lambeth Town Hall, Brixton Hill, London, SW2 1RW. Confirmation and travel information will be sent to you within 7 days of booking! Cancellations in writing by email to us, are possible 3 days after you send off your booking, and if it's still more than 2 weeks before the event, minus a cancellation fee of 50%. Refreshments are provided. We look forward to seeing you there.

Book online at eventbrite: <http://www.eventbrite.co.uk/e/be-resilient-tickets-17085006715> **Or send booking form to:** andry@thelearningmoment

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