

BUILD REAL SKILLS THAT YOU CAN APPLY IMMEDIATELY START REWIRING YOUR BRAIN

PsyFlex offers you something very new and very different from commonplace approaches to resilience training.

As leaders in the field, we bring you the latest evidence based, research-backed methodology—not only for building resilience, but for simultaneously increasing wellbeing, enhancing performance, and improving relationships.

The one common factor that facilitates all these different outcomes, is a special mental skill-set known as 'psychological flexibility'.

THIS RESILIENCE WORKSHOP WILL ENABLE YOU TO DEVELOP PSYCHOLOGICAL FLEXIBILITY AND BECOME MORE SUCCESSFUL IN:

RESPONDING QUICKLY TO OPPORTUNITIES AS THEY ARISE

DEALING WITH DIFFICULT SITUATIONS, DIFFICULT FEELINGS, AND DIFFICULT PEOPLE

TAKING EFFECTIVE VALUES-GUIDED ACTION, REGARDLESS OF YOUR FEARS OR SELF-DOUBT

BUILDING HEALTHY RELATIONSHIPS AND EFFECTIVELY HANDLING CONFLICT AT WORK AND HOME



12th & 13th
September 2016
SYDNEY

17th
October 2016
ADELAIDE



24th & 25th
October 2016
PERTH

14th & 15th
November 2016
MELBOURNE

ORGANISATIONAL HEALTH AND WELLBEING SPECIALIST



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RESILIENCE: WHAT IS IT & WHY DOES IT MATTER?

Resilience is a hot topic right now. And that's hardly surprising.

In the last decade, a wealth of research has shown that resilience - the capacity to recover quickly and act effectively in the face of difficulties - is a key determinant of wellbeing and productivity in the workplace.

IS RESILIENCE SIMPLY A MATTER OF POSITIVE THINKING, RELAXATION TECHNIQUES, AND TAKING TIME TO 'CHILL OUT'?

Far from it! If you've ever tried such 'pop psychology' methods, you've undoubtedly found they weren't of much use to you when the going truly gets tough.

WHAT IS 'PSYCHOLOGICAL FLEXIBILITY'?



Psychological flexibility is the ability to take effective values-guided action with awareness, openness and focus.

Put more simply, psychological flexibility is your ability to: 'be present' (give your full attention to what you are doing, instead of getting distracted by difficult thoughts and feelings), 'open up' (make room for difficult thoughts and feelings, allowing them to flow through you), and 'do what matters' (act effectively, guided by your core values).

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GREATER PSYCHOLOGICAL FLEXIBILITY LEADS TO GREATER RESILIENCE.

Psychological Flexibility also leads to:

- Healthier relationships
- Improved performance
- Reduced stress
- Reduced anxiety
- Greater wellbeing
- Increased fulfillment
- Increased emotional intelligence
- Improved physical health
- Less risk of depression or addiction
- Greater confidence and
- Overall, More happiness and vitality



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The best leaders are those that are able to quickly adapt to challenges, support their teams both in times of ease and difficulty, and encourage others to do the same.

With today's ever-changing economy, the ability to maintain focus on a difficult task and take effective action, (or refrain from taking ineffective action) is essential.

Psychologically flexible people are able to respond more effectively to any type of work situation – during both times of ease and of pressure.

Research shows that psychological flexibility is the highest predictor of a person's ability to:

- Work effectively,
- Develop and maintain productive and supportive relationships,
- Maintain focus on the task at hand, even when its very challenging, and
- Achieve outstanding results

This naturally leads to better levels of:

- Performance,
- Job satisfaction,
- Engagement,
- Mental health and
- Absence rates.

THESE WORKSHOPS ARE HIGHLY RECOMMENDED FOR:

PEOPLE LEADERS HUMAN RESOURCE MANAGERS

HEALTH & WELLBEING SPECIALISTS INJURY MANAGEMENT SPECIALISTS

OR

ANYONE WHO WISHES TO TAKE HIS OR HER CAREER TO THE NEXT LEVEL

A man in a dark suit is sitting on a stack of three rectangular blocks. He is holding a briefcase in his right hand. The background is a dark teal color with a subtle pattern.

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