



Creative Resilience: Navigating Challenges with Creative Thinking

Duration and Format: This highly interactive course can be delivered as a half-day or full-day session, either online or in-person. Our expert facilitators will combine science-based lectures, case studies, individual coaching, and practical activities to ensure you acquire and apply creative thinking skills effectively.

Boost your personal capacity to handle stress, adapt to change, and thrive in uncertain environments. Creative Resilience is a transformative course designed to empower individuals with the creative thinking skills needed to effectively prevent overwhelm, manage stressors, navigate change, and stay productive in the modern workplace.

In this course, you will delve into the science of creative thinking and discover how to tap into your innate creativity for building resilience. Through engaging exercises and self-assessments, you will gain insights into your unique thinking style and learn how to harness the power of creative problem solving to overcome challenges. Creative Resilience equips you with the tools to adapt, innovate, and succeed even when faced with complex challenges.

Join Creative Resilience and discover how creative thinking can be your key to effectively managing stress, embracing change, and turning challenges into opportunities.

Learning Outcomes

- Develop a deep understanding of your personal thinking style and how it influences your approach to challenges.
- Cultivate creative problem-solving skills to tackle workplace and personal stressors and adapt to change.
- Harness creativity to transform obstacles into opportunities.
- Build personal resilience in high-pressure situations.

Intended Audience

- Professionals seeking to enhance their capacity to manage stress, adapt to change, and excel in response to challenges while preventing overwhelm.
- Individuals committed to developing their creative thinking skills to overcome personal and professional challenges.

Work-Life Balance: From Wishful Thinking to Reality

Duration and Format: This highly interactive 2hr course can be delivered either online or in-person. Our expert facilitators will combine science-based lectures, case studies, individual coaching, and practical activities to ensure you develop a clear approach to work-life balance that is well aligned with your personal and professional goals.

Feel like you're constantly running on a hamster wheel, juggling work tasks, family dinners, and a smidge of 'me' time? We get it. You're committed to being your best at work and outside of work. But at the end of the day, there's this nagging question: Can you keep up your performance at work without sacrificing your personal life?

Join us for 'Work-Life Balance: From wishful thinking to reality,' to find clarity and create a work-life harmony that resonates with your unique life chapter. Let's redefine work-life balance together.

Learning Outcomes

- Get clarity on what work-life balance means to you
- Determine the type of work-life balance that best aligns with your personal and professional goals, and that you can realistically achieve
- Discover the truth about work-life balance that few people speak about
- Be inspired by others dealing with similar challenges to yours

Intended Audience

For professionals who value work-life balance and want to discover strategies, gain new insights, and bring their commitment to work and personal life into better harmony.