

A woman with dark hair pulled back, smiling warmly at the camera. She is wearing a white button-down shirt with small blue polka dots. The background is a bright, modern office with large windows and blurred furniture.

PERSONAL RESILIENCE & SELF CARE WEBINAR

Resilience is the capacity to prepare for, recover from and adapt in the face of stress and adversity.

When we are resilient we can not only bounce back and recoup faster after a challenge, but we can also neutralise or prevent some of the ongoing wear and tear.

Today more than ever, our ability to renew our energies, and build sustainable energy reserves is compromised.

This can lead to permanent challenges on physical, mental, emotional and spiritual levels.

When we do not have the right amount of energy and the right quality of energy animating our bodies, our ability to think clearly, decide wisely, and communicate with impact diminishes, steering us away from performing efficiently, sustainably and in a way that feels good.



When addressing resilience, it is crucial to look at one of the most underused resources we can rely on: the intelligence of the body.

Body intelligence is rarely discussed as it is mental intelligence that is put on the pedestal.

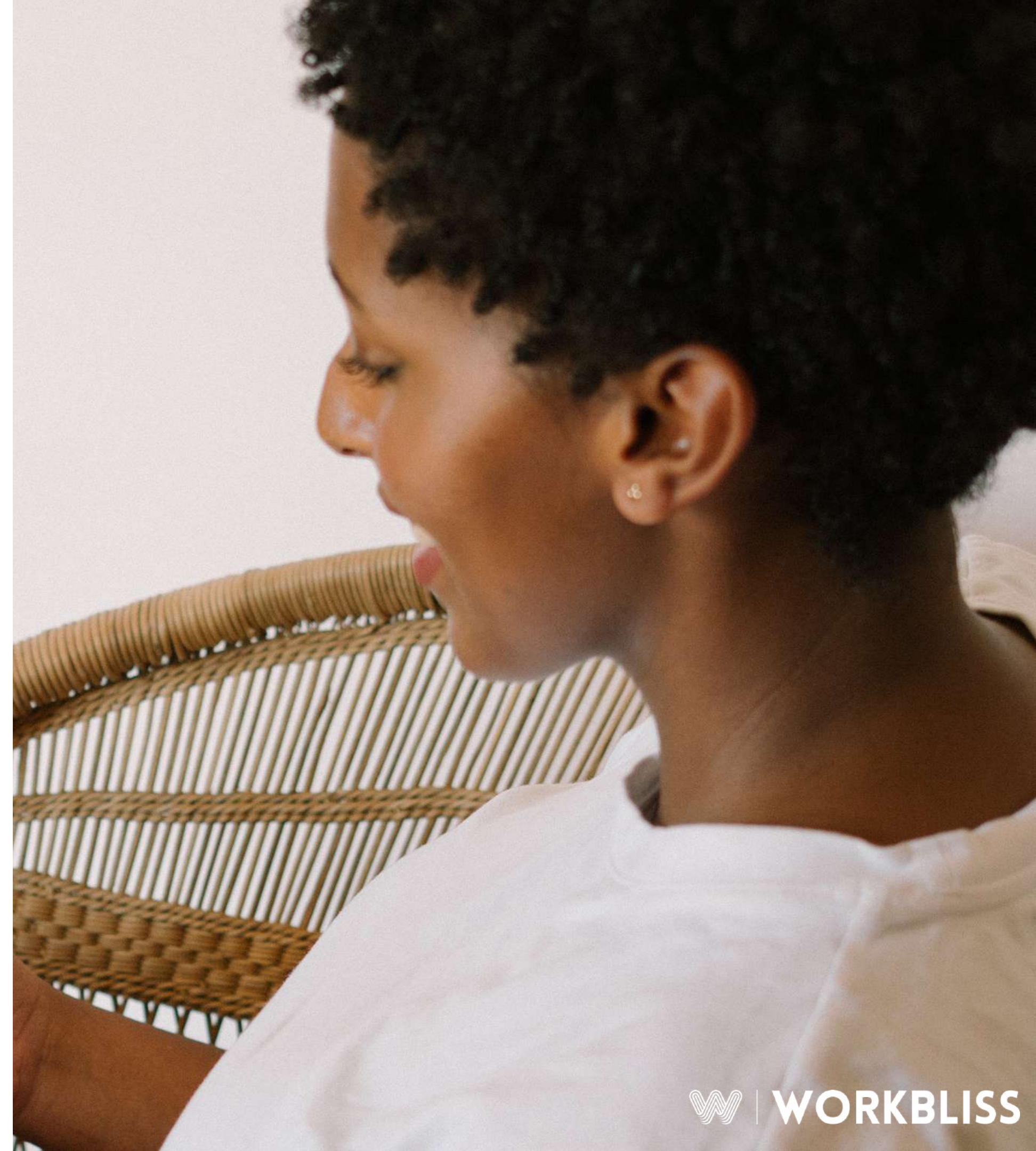
Re-connecting to the body settles the mind, increases energy, and helps us tap into our forgotten internal resources in these unprecedented times.

By becoming aware of how energy management works, and taking good care of your mind & body, you can start filling up your energy reserves today.



In this webinar, we will cover the following topics:

- Resilience - the inner battery
- The 4 domains of resilience, and how to build them - Theory & Worksheet
- The physiology of optimal functioning
- Get your daily evolutionary rewards: hormones to feel better. On demand.
- From depletion to renewal - Theory & Worksheet
- The new rules of self-care: bubble baths will not cut it any longer
- Embodied self-care: holding tight vs. releasing
- The 3Bs of self-care
- Wellness accounting - Tips & Worksheet



Disclaimer

This webinar is provided for informational purposes only and it is general and educational in nature. It does not constitute medical advice, diagnoses or treatment. Should you have a general or specific medical condition you must not rely on the information presented at this webinar as an alternative to medical advice from your professional healthcare provider.

