

QUEENWOOD
PARENTS
ASSOCIATION

QPA

Resilient Mindset Program

Learn how resilience can be trained, and gain some practical tips for self-care while balancing home schooling and working from home.

FORMAT: 5 x 60-minute sessions, delivered via Zoom

BOOKINGS: trybooking.com/621220

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Gillian Coutts

The Potential Project

Gillian is Country Director of Potential Project, a leading global provider of corporate organisational and leadership solutions based on mind training. She is a mum, co-author of best-selling book, *One Second Ahead: Enhance Your Performance at Work With Mindfulness* and was a researcher for *The Mind of the Leader*, published by Harvard Business Review. Gillian facilitates programs with leaders and teams across diverse sectors including Banking, Education, Law and Professional Services.

COURSE CONTENT

- Practical strategies to enhance resilience at work and in life.
- Learn the science behind mind training and resilience.
- Techniques for managing stress, digital detoxing and managing change.
- How to stay Present, Patient and Kind in these challenging times.

BOOKINGS

We know how valuable this course will be and do not want there to be any barriers to parents enrolling. We have therefore funded 20 places so the course can run free of charge for those who need it. If you are in the position to be able to pay for the \$300 course, we welcome donations so that we are able to extend the opportunity to others.

Join Gillian for a free introductory webinar.
Details on trybooking.com/621220