

PwC's Academy Cyprus

## Resilience to Thrive in times of uncertainty and change

This will be an **in-person** interactive session, with the purpose of equipping you with practical skills you can implement in your work and personal life, to be more resilient, adaptable and energized and sharing experiences jointly with PwC people.

### Learning Outcomes:

- ▶ Resilience as a mindset
- ▶ Managing stressors to mitigate health risks
- ▶ How to manage your emotional tank
- ▶ Shifting from unhelpful to helpful thinking patterns
- ▶ Balancing connection with resilience for emotional wellbeing

### Speaker



Linda Boyd, a Serial Australian Entrepreneur, who is an EI Coach, Clinical Hypnotherapist, NLP Practitioner and Founder of KLEU, will share her inspiring story of resilience and equip you with practical techniques to manage the stressors of the new world we all find ourselves in, to emerge stronger, more conscious and happy.



Session 1	9 November	11:00 - 13:00	PwC Limassol
Session 2	9 November	14:00 - 16:00	PwC Limassol
Session 3	10 November	11:00 - 13:00	PwC Central, Nicosia
Session 4	10 November	14:00 - 16:00	PwC Central, Nicosia
Session 5	14 November	11:00 - 13:00	PwC Central, Nicosia
Session 6	14 November	14:00 - 16:00	PwC Central, Nicosia

Fee: €75 (+VAT)

Registration: Please follow [this link](#) to register.

