

Finding Your Inner Resilience - Workshop

‘Finding Your Inner Resilience’ is a real and practical course for building resilience.

Learn how you can survive, grow and empower yourself through life’s challenges.

Learn how to move from ‘reacting’ to challenges to ‘actioning’ through them.

Finding Your Inner Resilience is created by Theodora Zourkas and Kate Zourkas, both have extensive experience in organisation development, capability development and change management. Theodora and Kate are passionate about empowering organisations to thrive through sustainable business and people leadership practices.

Their program will inspire you, engage you, motivate you and above all help your people experience resilience through real case studies, practical tools and techniques that are easy for them to apply in their professional and personal lives.

Why is resilience important?

Being more resilient improves your mental wellbeing, self-leadership, ability to deliver results, tenacity, stress management, productivity and personal change management skills.

The ‘Finding Your Inner Resilience’ workshop is based on the book co-written by Theodora and Kate (to be available from February 2017). From their experience, Theodora and Kate have identified resilience as a core capability that enables you to survive, grow and empower yourself during life challenging experiences. They have designed the one day program using the same principles in their book to empower others through change and challenging situations.

The learning outcomes

Enabling you to be more resilient through challenges and stressful situations by:

- 1) providing you with our proven tools and techniques
- 2) increasing self-awareness of your strengths and growth opportunities
- 3) helping you to help yourself through challenges

“In challenging circumstances we can either choose to be a survivor or we can choose to be a victim. Considering that they both take the same amount of effort, the choice you make will determine your path forward” Mary Holloway

How your organization can benefit

We can't stop or slow down change, in fact it's going to continue to accelerate as businesses are constantly faced with meeting the changing demands of their market.

As a leader in your business what do you do? - Do you keep doing what you always done and run another change management program or do you invest in the resilience of your people to navigate the ongoing challenges of change for you?

Increasing the resilience of your people will enable your business to continue successfully during periods of change. It doesn't mean you won't be impacted, it means that you will be able to be more agile and adapt to market conditions, and be better equipped to thrive into the future.

By thrive we mean increase your employee's sense of empowerment, and with practice an improved mindset, better stress management, better decision making, greater clarity and focus, increased agility and better personal change management. What better way of managing change in your business than having your people be more resilient and prepared for the challenges brought about by change.

The workshop can be stand alone or be included as a module in a broader capability program or strategy, such as;

- providing additional support to employees through change and transformation agendas
- supporting Leadership Development programs and Graduate Programs
- including resilience to support mental health in WHS strategy
- building individual team capability (call centres, sales teams, shared service teams)

Contact Zourkas Group Pty Ltd

Contact Theodora and Kate for more information on how this program can benefit your organisation



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