

H.I.T Leadership – MR

Mental Resilience (MR) ***(Presentation, workshops)***

We will provide a fully immersed presentation, which contains break out sessions, with questions and answered afterwards.

The presentation will go through:

- Examples that caused the presenter to become mentally resilient
- How the presenter became mentally resilient
- Break out sessions to delve deeper into the content (every 20 minutes)
- Examples of where mental resilience has helped the presenter go through life threatening and debilitating circumstances unscathed and with a smile on their face

The Workshop will provide:

- The above presentation if not already experienced
- A day for learning about self-awareness, emotional intelligence, mindfulness, meditations techniques, self-compassion and exposure therapy

Ref	Name	Deliverables	Duration
MR1	Mental Resilience Presentation	1.Presentation 2. Breakout session 3. Handout sheet with tips and exercises 4. Q&A for 60 minutes afterwards	2.5/3 hours
MR2	Mental Resilience Workshop	1.Presentation 2. Breakout sessions 5. Individual workshops on self-awareness, emotional intelligence, mindfulness, meditations techniques, self-compassion, and exposure therapy 6. Handout sheet with tips and exercises 7. Q&A throughout the day	Whole day

For a detailed Project plan and quotation please contact:

Email: enquiries@hitleadership.co.uk

Other: 07976 183625