



Mayo Education Centre
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So, is resilience caught or is it taught?



- What is the role of the Principal & Senior Management Team in building a resilient workforce?
- Are you a 'resilient' person? Learn how to measure and strengthen your resilience levels.
- How do your 'resilience' levels impact your Leadership style and those you lead?
- What are the benefits of 'resilience' when managing change, collaborating and building relationships?

If you would like to learn more and plan sensibly, from both Educational and Occupational (Work) Psychological perspectives, this course is for you!

Venue: Mayo Education Centre
Date: Tuesday 23rd October 2018
Time: 5-7pm

Facilitator: **Teresa Hand-Campbell, M.Sc.**
Teresa is an Education Consultant with 30 years' experience as a Principal. She now works as an Occupational Psychologist, Executive & Personal Coach, Mediator & Registered Psychometric Test User 1 & 2 – Ability and Personality (British Psychological Society). She is Director of 'THC Consult', working extensively across public and private sectors. Access her website on www.thcconsult.ie

To book for this training, log onto Mayo Education Centre website at www.MayoEducationCentre.ie

