

## Life Unlimited: Bootcamp for the Brain – Building Resilience for peak performance

### About the sessions

Wellbeing and resilience are strong predictors of workplace productivity and being able to bounce back quicker in response to difficult times and situations. This workshop will assist staff and managers to develop skills in the following areas:

- Clearly understand the physiological, psychological and behavioural consequences of chronic and sustained stress and how these can impact on work performance, productivity, team morale and health;
- Understand how to exercise the brain to train for peak cognitive performance and recovery;
- Understand the key factors that influence and improve resilience in self and staff;
- Discuss key concepts for dealing with a difficult working environment, including dealing with change and peak work pressures.
- Identify the most important practical strategies for recovery of mind and body;
- Develop individual self-care plans to assist participants to ‘switch-off’ when they can so that they can ‘switch-on’ when they have to.

Emotional resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – it is a person’s capacity to ‘bounce back’ from difficult experiences. Resilience is not a trait that people either have or do not have. It involves behaviours, thoughts and actions that can be learned and developed in anyone. The group will discuss the notion of resilience and discuss strategies and skills for developing resilience in self and others as well as where and how they can seek help and support for themselves and others.

We will also help people gain an understanding of what is “normal worry” or “good stress” and the effects of excessive or extended worry and stress on our bodies and minds. We will explore ways to relax body and mind, and discuss what participants can do differently that will help manage stress levels in the current working environment, with exploration of practical strategies to reduce the impacts of chronic stress and increase relaxation for peak performance.

Life Unlimited offers evidence based research and practical experience particularly in the areas of managing stress in demanding environments and building resilience in individuals and teams. Sue Read will draw on her extensive science, psychology and nutrition background to explore practical strategies for building resilience in self and others. In particular, the following fields of research will be utilised:

- Neuro-plasticity and brain based training research;
- Strengths based psychology;
- Mindfulness based stress reduction (MBSR);
- Acceptance and Commitment Therapy (ACT);
- Positive Organisational Scholarship.

Sue has a natural way of making complex concepts practical, accessible and entertaining to course attendees and has received extremely positive feedback from thousands of course participants from staff at all levels including General Managers and CEO's.

### **About the presenter**

Sue Read is a trained psychologist who has a particular interest in assisting individuals and organisations to attain optimal health, and achieves these aims by providing targeted interventions to address issues such as preventing psychological injury, building resilience, addressing workplace conflict, and prevention and management of stress-related symptoms.

Sue has assisted many Australian Public Service Departments and Agencies as well as private and community organisations to achieve outcomes through individual and group programs in managing self, people and performance. She facilitates workshops and implements interventions to address a range of issues such as emotional resilience, stress management, emotional intelligence, change management, effective communication skills, work/life balance, effective performance management, communication and conflict resolution skills and trauma management. Sue has also been a manager in both public and private sector environments.

As well as her interests in people and psychology, Sue is a former elite athlete who has represented Australia in athletics (discus and javelin) as well as weightlifting, gaining several titles and records that still have not been broken! She was also a member of the Australian National Women's soccer team – the Matildas – and played as a Goal Keeper. Though Sue has now retired from competitive sport, she exercises daily as a way to stay fit both physically and psychologically, and as a means to achieve balance between her professional work and her personal life.

## Session Format

For maximum effect with regards to balancing time out of the workplace and the outcomes of:

- Education;
- Building knowledge & awareness, and most importantly;
- Behavioural change

We would recommend the following format:

**Full program:** 1.5 day program or;

**Shortened program:** 2 x 4.5-hour workshops (pergroup)

**Or a tailored time frame can also be organised**

## Feedback from previous attendees

"Bootcamp for the Brain" delivered by Sue Read is an exceptional course. I would recommend this course as an opportunity to take time out from the busy workplace to take stock of (1) the impact of every day stress on our ability to work effectively in the workplace (2) the importance of resilience and what makes resilient teams and (3) the tools we can use to revive and build resilience to help us in the workplace - as well as more generally help us in our day to day lives. Sue brought a practical approach to the discussion on mindfulness and resilience and importantly grounded the discussion back to the physiological impacts of stress and other factors on our body. The course looks at the tools which each of us can use as well as opening a discussion about the responsibility we all have to contribute to building resilient teams. She is an engaging, humorous and methodical presenter that was able to effectively tailor her presentation to the audience and to distil many of the key issues and concepts around mindfulness into simple and easy to understand concepts - and to do so in a short period of time. Undertaking this course as a branch provided the opportunity to look at issues which impact on performance and to build a common language for the team to talk about these issues. This course was well-received by all members of my Branch and it was one of the most effective training courses I have done to date - I would highly recommend it."

**SES Member – Attorney General's Department 2015**

"The feedback we have received from this course has been amazing. I think we hit it with the right person, at the right time with the right content. One person wrote on their feedback sheet "probably the best internal training I have been on in my 25 years here!"

**Business Improvement Manager – Canterbury City Council 2015**

"Thank you for the two really good sessions on building mental resilience. While I had experienced many of the symptoms of stress and heard many of the tips that you mentioned, it was very helpful to learn about the scientific underpinnings of both of these. I really enjoyed the breadth of knowledge and authenticity you brought to the sessions. Your emphasis on simple practices is helpful and I am certain that it will help me to become a healthier happier and more productive person – one small step at a time."

**Staff member – Murray Darling Basin Authority 2015**

"Sue was such a ball of energy and had a great way of making every topic relatable! Bringing a touch of humour to the room and keeping us all engaged. I took so much from the 'Building Resilience for Peak Performance' workshop or 'Bootcamp for the Brain'. It has really made me think, and given me tools to change the areas of my life that cause me stress and leave me feeling exhausted. Looking forward to the catch up session : )"

**Staff member – Murray Darling Basin Authority 2015**

“Sue is vibrant, present and funny. At last a meaningful PD that hits the spot exactly!  
Looking forward to the meditation App!”

Manager – Department of Education 2015

## Your Investment

**Full course: 1.5 day program - TBC**

**Or shortened course: Per 2 x 4.5-hour workshops\* - TBC**

Workshops will be run as half day sessions with participants attending both **session 1 and session 2**. Time will be allowed for discussion, reflection, skills practice, questions as well as individual and group activities.

## Possible dates of Service: TBC

\*Cancellation policy: Cancellation fees if cancelled within the following timeframes:

More than 14 Days	– \$ 700.00
3-13 Days prior to booked session	– \$1,500.00
72hrs or less	– \$3,000.00

Please note that tailoring will be done of these sessions to ensure that the most appropriate areas are targeted for maximum effectiveness. Please let me know if you require further information about the content outlined above. We are happy to meet with you prior to the sessions to ensure that we tailor the content and approach to best fit with the culture of the organisation.

Please don't hesitate to contact me if you require further information or clarification on any of the above. I look forward to hearing from you.

Kind regards

**Julia O'Boyle** | Life Unlimited

organisational solutions | counselling | work & personal issues| education

Office: + 61 2 6248 5138 | Mobile: +61 412 517 296

Email: [info@lifeunlimited.com.au](mailto:info@lifeunlimited.com.au) Visit us on the web at: <http://www.lifeunlimited.com.au>

Office Address: Ground Floor |Southern Cross House | 1a/9 McKay Street Turner | Canberra ACT 2612

Postal Address: GPO Box 597 Canberra ACT 2601