

LEADERSHIP & MANAGEMENT

QNET presents:

Developing Personal Resilience

Tuesday, March 8, 2016 – 12:45 p.m. to 4:30 p.m.

Location: QNET – Suite 660, 175 Hargrave Street, Winnipeg

Some people meet conflict and life's demands with optimism and elasticity while others become stuck and overwhelmed.

This workshop will introduce participants to the skills and attitudes resilient people draw on in the face of short-term, sustained and chronic stress.

This half day workshop is of particular relevance to leaders and staff who risk suffering from burnout and/or compassion fatigue if they do not find ways of building and sustaining their own resilience.

Facilitator:

David Falk is a Partner in the firm Facilitated Solutions. He is a seasoned consultant and conflict management specialist who has been assisting organizations prevent, manage and resolve conflict since 1990. David is an engaging trainer/facilitator who brings together practical wisdom, humour and real world examples that will inspire you to consider new options and develop your leadership skills to address the challenges you face. David holds both a Bachelor and Masters Degree in Conflict Resolution.

Fee:

- \$179.00 + GST for Members of QNET or APICS
- \$209.00 + GST for Non-Members

This session is presented by QNET in partnership with APICS Winnipeg Chapter and Industry Services, Jobs and the Economy, Province of Manitoba.

REGISTER ONLINE at www.qnet.ca



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