

1, 2 OR 3 DAY PROGRAMS

## From Stress to Resilience

From stress to resilience: The inside-out upside-down view of workplace stress and psychological injury

This 3-day Neurocoaching course introduces attendees to the inside-out upside-down view of workplace stress and psychological injury

In this model we break apart cause-effect thinking and instead understand that stress and psychological injury is internally created, as a 'normal' response (in a statistical sense) to external risk factors in organisations

This approach prevents people becoming helpless victims, and places a responsibility on organisations to create healthy workplaces by reducing risks

### PARTICIPANTS WILL LEARN:

- A framework for thinking about workplace stress and psychological injury
- The neuroscience of stress and trauma and how states are created in the body unconsciously
- Practical personal resilience skills and learning to be resilient under pressure
- Discovering emotional choice and responses to pressure and risk
- Gaining different perspectives
- Decision-making under pressure and taking action with clarity
- Managing personal-wellbeing and establishing support networks
- Working with people seeking enhanced resilience and those with secondary gains for remaining stressed or unwell
- How to develop a balanced lifestyle
- Support networks
- High performance sleep and rest

This public program is part of a comprehensive development program to enable people, teams and organisations to move from stress and trauma to resilience and performance

The program is suitable for Injury Management Coordinators and their ongoing professional development

It is also suitable for rehabilitation professionals, managers, business and executive coaches, organisational change managers, HR professionals, community service workers, and anyone who works with people who experience stress and are looking to develop resilience, including their own

The program is offered as a **one-day introduction (7 April)**, as a **two-day extended program (7 & 28 April)**, or as a **three-day comprehensive program (7 April, 28 April, 14 June)** and is a prerequisite for other programs including 'Leading and Managing People Program', 'Coaching for Resilience', and 'Coaching for Trauma Recovery'

Attendees who have previously completed the one-day introduction can sign up to the second day only, or to the complete three-day program at a discounted rate.

## The Team



IAN  
SNAPE

Ian has 25 years of experience leading research teams in polar regions for government and private agencies

He is a Professorial Fellow at Macquarie and Melbourne Universities and neurocoach for the Australian Olympic taekwondo team. As a PhD graduate he has a distinguished scientific research profile and provides scientific advice to the Australian Government

Ian has led more than a dozen Arctic and Antarctic expeditions and helps leaders and organisations with strategy and effective approaches to innovation and capability development

He trains the Frontline Mind programme to Police Special Operations groups, correctional officers and other frontline services in Australia



GREG  
HINCE

Greg has more than 20 years' experience as an executive and scientist in the Australian Government. He is a Chief Petty Officer in the Royal Australian Navy Reserves and is co-founder/director of The Coaching Space

His experience includes leading and managing science, engineering and defence teams. He lectures at university in leadership and communication, and regularly speaks at international conferences

Greg specialises in systems analysis and workflow, helping teams achieve high performance in complex and risky environments

His approach connects human decision-making back into the risk-management framework

He is a certified coach, relationship awareness facilitator and has served as a mediator for the Australian Defence Force

## Where & When

Venue: The Coaching Space  
Training Centre, Fern Tree

When: 7th April 2017  
28th April 2017  
14th June 2017

## Prices

Early Bird price of \$600 per person per day exclusive of GST and if booked before 16 March 2017

Standard price of \$650 per person per day exclusive of GST if booked before 30th March 2017

Last Minute price of \$700 per person per day exclusive of GST if booked after 30th March 2017

Catering Included  
Maximum 16 participants on each day

## Registration

[thecoachingspace.com.au/training-programs/](http://thecoachingspace.com.au/training-programs/)

For more information contact  
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IMCAtas members receive a 20% discount on all ticket prices (discount code provided by Julia Drew, Secretary of IMCAtas)

Discounts also apply for booking of three or more, and six or more people per booking. Contact us for details.



TICKETS CAN BE PURCHASED FROM EVENTBRITE:

FROM STRESS TO RESILIENCE PROGRAM

<https://www.eventbrite.com.au/e/from-stress-to-resilience-program-tickets-32248407856>

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