



From strength to strength: personal resilience in small business

"Stress management", "time management", "self-discipline", "motivation", "courage", "enthusiasm", ... All things we talk about in managing ourselves in small business, and those of us working on our own can be especially challenged in these areas from time to time.

Some of these are **practical skills** but an important component to all of them are some vital "**thinking**" skills - ways of overcoming periods of self-doubt, procrastination, criticism or failure, impatience, frustration and stress (competing priorities, financial strain, lack of support, etc), and all those other emotional nasties that come up from time to time. These "thinking" and "emotional management" skills include optimism, resilience and capacity for perspective, and *can be learnt!*

Please take a minute to complete this survey if you are interested in attending a program to develop these skills:

Topics could include (tick any you would be interested in):

- Emotional resilience and self-efficacy
- Identifying and using personal strengths
- Visioning (goal-setting: crystallising what you want and why)
- Managing stress/ difficult emotions (anxiety, anger, frustration, impatience, etc)
- Staying positive (overcoming pessimism, self-doubt, fear of failure, etc)
- Rolling with the punches (bouncing back when things go wrong)
- Social support and relationships (in/outside of business)
- Staying calm and focussed (relaxation skills and mindfulness)
- Lifestyle balance (work, family, leisure, health)
- How to be happy! (happiness skills: pleasure, engagement, meaning)
- Any others:

Preferences for program delivery:

- Business hours workshops
- Weekend workshops - full day
- One on One Coaching
- Breakfast group meeting
- Weekend workshop - half day series)
- Other:
- Evening group

Other comments or requirements:

Contact Details

Name: Postal address:
Phone: Email:

The best way to contact me is by: phone email post

Thankyou for your input. Please return to
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