

# Resilience & Wellbeing Course

**Date:** 31 August 2021

**Time:** 1.30pm - 3.30pm

**Cost:** \$85

**Venue:**

**The Habitat Hub**

**166 Tahunanui Drive, Nelson**

**Organiser:** Volunteer Nelson

**Presenter:** Louise Crowe

**To register email:**

**[holly@volunteernelson.org.nz](mailto:holly@volunteernelson.org.nz)**



This two hour course provides you with practical and effective techniques to improve your personal wellbeing, and strategies to cope with life's pressures. You will learn how to identify your personal stress triggers & create awareness of the link between pressure, performance and your wellbeing. Some of the techniques taught will be thought reframing, breathing and sleep exercises, including general wellbeing practices.

**Louise Crowe is an experienced trainer with over 20 years of experience across various industries and global regions. Her passion is to help people achieve their personal goals through learning. In her workshops, you will get an opportunity to learn practical, thought-provoking and meaningful practices which you can integrate immediately into your day to day life.**