



National Retail  
Association



# People Leadership Program FOR RETAIL LEADERS BRISBANE

MODULE 5  
RESILIENCE  
8 MAY 2019

## Course information

Each module is a one-day workshop.

NRA Training supplies participants with a detailed workbook that provides all of the information covered in the workshop, plus room for note-taking.

Tea, coffee and water provided.

### What is the duration?

The workshop will run from 9.30am - 4.30pm.

### What is the cost?

\$300 per person, per workshop.

NRA members receive a 10% discount.

### What is the location?

NRA Head Office:

3/33 Park Road, Milton QLD 4064

Other sites can be negotiated for groups.

## Module 5 : Resilience

- What is resilience and why do we need it?
- The Johari Window
- What is stress and how does this affect us?
- How does low resilience affect our team and business?
- Tools to build resilience everyday
- Creating an environment of resilience for my team

## Register Now!

OR Contact Ginny Morris on

**E:** [g.morris@nra.net.au](mailto:g.morris@nra.net.au)

**T:** 1800 732 066