

# RESILIENCE AND GROWTH MINDSET

Join us for a workshop designed to strengthen your resilience and unlock a growth mindset for workplace success.



## Meeting Details



25<sup>th</sup> Nov 25



10am - 12pm



FUSE Training  
Room. SJQ

## Contact Us

## What You'll Learn



**Understand Resilience:** What it is and why it matters at work.



**Why Build Resilience?:** Key benefits for workplace success.



**Practical Strategies:** How to strengthen your resilience every day.



**Growth Mindset:** Transform challenges into opportunities for learning.



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