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# BOOST YOUR PERSONAL, BUSINESS & PROFESSIONAL RESILIENCE!



**Joni Peddie**

CEO of Resilient People





## BOOST YOUR PERSONAL, BUSINESS, AND PROFESSIONAL RESILIENCE

We are living in turbulent times and most of us are experiencing high levels of stress, anxiety and fear. As a result, many of us are tired, overwhelmed, and battling with motivation.

Resilience is a set of capabilities that we all need right now, in order to thrive in the new world of work.

In the face of adversity, resilience is the ability to bounce forward and develop new habits to enable us to unlock value-creation opportunities, both personally and professionally.

### HOW WILL YOU BENEFIT?

Joni Peddie, as a Behavioural Strategist, will share 5 practical tips to boost your resilience in her engaging and practical session.

Walk away with a memorable 5 point plan that you can easily and effortlessly incorporate throughout your day, to enhance both your personal and work-life.

Joni's motto is 'simplicity at the far side of complexity.' All the tips that she shares are backed by neuroscience, and yet the BOOST model is simple, memorable, and 'user-friendly' for everyday life.

For the last 24 years Joni has worked with Individuals, to help them shift behaviours (with specificity) to live and operate at their 'optimal levels' of energy and vitality. Joni also works with Teams, to ensure greater cohesion, collaboration, and higher performance.

#### Joni drives engagement with her BOOST Talk by:

- Encouraging each attendee to take specific and personal '**Action Steps**'.
- Offering her eBook: FAB Quotient: Fight fatigue and boost resilience!
- Offering a link to the High-Performance 14-Day Self Influence Challenge by Gilan Gork (11 mins per day)