



# BUILDING RESILIENCE

HOW NEUROSCIENCE CAN HELP US

GLASGOW | 9&10 MARCH 2020

- A unique and practical opportunity to explore the science and practice of resilience
- Learn how to enhance your own resilience and create an environment for your teams to thrive
- Understand the relationship between neuroscience and your behaviour

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# BUILDING RESILIENCE

## HOW NEUROSCIENCE CAN HELP US

The 2 day practical and interactive programme will give you the space and tools to explore what it means to be resilient, the relationship between our brains and our resilience and the opportunity to look at strategies for creating new habits and embedding the learning.

It will provide an introduction to the science and practice of resilience, and some practical tools to help you build and enhance our resilience and stay healthy.

### PROGRAMME DETAILS

**Date:** 9&10 March 2020  
**Location:** Strathclyde University,  
16 Richmond St, Glasgow G1  
1XQ  
**Time:** 10am – 4pm  
**Cost:** £134

### WHO IS IT FOR?

This programme is aimed at student's associations staff and officers who would like to enhance their resilience by understanding more of the science behind it.

### WHY CHOOSE THIS PROGRAMME?



**EXPLORE WHAT RESILIENCE IS AND HOW RESILIENT YOU ARE**



**CREATE AN ENVIRONMENT FOR YOUR TEAMS TO THRIVE**



**UNDERSTAND THE RELATIONSHIP BETWEEN NEUROSCIENCE AND YOUR BEHAVIOUR**



**TRY PRACTICAL SKILLS THAT CAN BE QUICKLY PUT INTO PLACE**



**NETWORK WITH OTHERS**

“

**The day gave me real insight into my strengths and how to manage negative self-talk**

Previous Learner”

### MORE INFORMATION

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