

Developing Grit, Resilience and Emotional Intelligence

What do these words really mean?

Do they mean that you are tough and can "cope" with lots of stress?

We hear these words all of the time and are told that having significant reserves of them is a good thing.

We learn that they will improve our ability to self-manage our own well-being.

So how can we develop our grit, resilience and emotional intelligence?

Through active learning and reflection, Noo Thinking will help you to demystify these "healthy" words. Together we will explore some strategies that will allow you to embed your own well-being and self-management tools.

Training and support is available for individuals and small and large groups, with a workplace and non-workplace focus.

Contact Noo Thinking for a no obligation, initial, exploratory conversation.

0775 4044 373

www.noothinking.co.uk

workingtogether@noothinking.co.uk



Nicole Godetz runs the course. Nicole has worked in senior leadership for over 20 years.

Nicole has an excellent record of accomplishment for training, supporting and developing young people and adults.

As director of Noo Thinking, Nicole works with individuals and groups, small and large, in a range of sectors; including private, commercial, education and voluntary.

Nicole is experienced and successful in helping to identify barriers and challenges and empowering individuals and organisations to plan and embed strategies to manage and overcome them.

