

## YOUR ONE STOP MANAGEMENT SHOP

From HR to ER and everything in between ....

Management. **Training**. Admin Support.



**Training opportunity coming your way ...**

Date: **Thursday 2 April 2020**

VENUE: **Cypress Court Motel, 29 Kamo Road, Whangarei**

### **Rich Resilience**

- What is Resilience
- How Resilient Are You
- Resilience and Stress
- Characteristics of Resilience
- Building Confidence
- Adaptability
- Social Support
- Purposefulness and Goals
- Actions

**Time: 8.45 am  
to 10.45 am**



### **Change Management**

- Reactions to Change
- Planning Change
- Selecting Essential Changes
- Identifying Roads Ahead
- Making an Action Plan
- Using Planning Tools
- Opportunities and Achievements
- Working With Uncertainty



**Time:  
11.00 am  
to 1.00 pm**

**Cost: \$99.00 + gst per person, per course**

**Trainer: Jeanette Richardson ONZM**

**To register call us on: 09 4026111 or email  
Gaylene.harris@rmcnz.co.nz**

**Richardson Management Consultants Ltd. [www.rmcnz.co.nz](http://www.rmcnz.co.nz)**