



Resilience course

Resilience is our natural capacity to bounce back from difficulty. It takes a few minutes to learn to regulate our nervous system, and short resilience practices aimed at calming the nervous system, have been found to be very beneficial in managing stress and the uncertainty we face. Practising resilience skills also helps us in the long run to manage difficulties and cultivate a sense of stability and clarity in terms of work and home life.

The 8-week resilience course is based on neuroscience and explains how the brain and nervous system works and how one can regulate one's mind and body in daily life. It offers short practices to help regulate difficult emotions and build flexible mental responses to work and life stressors.

4
HOUR
WEBINAR

- DATE:** 8 October to 26 November 2020
- TIME:** 12:00 to 12:30 OR 13:00 to 13:30 each Thursday - SAST
- NUMBER OF HOURS:** 4 hours (eight sessions of 30 minutes)
- FEE:** R500 per person. Full payment must be received three days before the webinar.
- PRESENTER:** Jenny Canau - Co-founder and Director of Mindfulness Africa
- COURSE FORMAT:** Zoom webinar
- DEADLINE:** Registrations close three days before the course starts

TO REGISTER OR FOR MORE INFORMATION:

Contact: Don Coue on 021 650 3242 | Email: don.coue@uct.ac.za
Visit www.lawatwork.uct.ac.za to download the registration form

REGISTRATIONS ARE OPEN!