



# Resilience & Solution Focus

- Spend 1-day learning how to Build your Resilience!
- Get coached by Solution Focused coaches on your own action plan: 2 sessions.

## Why?

- Because resilient people maintain higher levels of well-being
- Because knowing how to build resilience can make a difference ...

## What you will learn:

- The Factors that make you Resilient
- Challenging your own Thoughts
- Your Resilience Scale toward Solutions
- Shifting to a Solution Focused Perspective
- "Real time": putting it all in action!

## The Workshop

The workshop is a hands-on experience, full of activities, self-reflection and learning! It aims at giving as much of a "taste" in a one day workshop and more through the coaching sessions.

It is facilitated by Krysta Tzelepi-PCC solution focused coach & mgmt trainer, with over 1.400 logged in hours of coaching and over 14.500 hours of training. Krysta & her team of associates have designed and implemented development programs for companies such as: Alpha Bank, British American Tobacco, Citibank, Coca Cola HBC, Ericsson, Eurobank, Boehringer, Novartis, IKEA, Mondelez, Roche among others.

**The Coaching sessions** will be conducted by Krysta and Treasure Lab team of associates



## What else ?

**During the workshop**, you will have the opportunity to increase self-awareness and change perspectives.  
**Through coaching**, you will take small steps which lead to bigger changes in everyday life.

## Pricing?

275 € & VAT for workshop.  
230 € & VAT for 2 solution focused coaching sessions (1hr each).

## Word of Mouth:

A pleasant learning experience with short and to the point content, as well as enthusiastic trainers full of energy!  
*I. Karamani, HR mgr Siemens*

Useful, interactive & relaxing, at the same time. It helped me find ways to enhance my own resilience. Necessary in times like this, when doing business amidst the crisis.

*A. Papakosmopoulou, Communication Mgr & Spokesperson, Roche Pharma.*

Focused and very effective. Excellent climate developed within the team. Offers simple, yet tried and tested instructions/tips that can change your life.

*V. Moschona, Senior Consultant, Planet S.A.*

Interactive and very interesting, you leave with the sense that even if you cannot change the world, there are useful tools, which can unblock your thinking & change behaviours.

*A. Andrikopoulou, Zepos & Yannopoulos Legal & Tax Consultants*

Very interactive! Using "play" makes you "live" the experience and learn more things than you initially imagined!

*N. Dionysopoulou, Account mgr Onnup*

