

Building resilient habits: mental and behavioural strategies

Overview

Why is resilience so important? Because it impacts our wellbeing, performance, ability to cope with adversity—and ultimately our success and happiness in life! Join our expert presenter for a practical session which focusses on the various mental and behavioural strategies you can implement to enhance your resilience. You will also be provided with invaluable insight on how to create new and intentional habits to achieve positive and lasting change in both your personal and professional life.

Presenter

Rebecca Niebler, Organisational Culture and Support Officer, Queensland Law Society

Chair: **Giorgia Papi-Morini**, Senior Professional Development Solicitor, Queensland Law Society

1 CPD Point



ESSENTIALS