Psychologists agree that some people seem to be born with more resilience than others. But they also agree that it’s possible for all of us to cultivate more of it. Invest a productive hour with us as we unpack the essential ingredients in developing your resilience to manage the day-to-day challenges of balancing work and life.

We will explore how to accentuate the positive for more successful outcomes both professionally and at home.

Join us on:

Wednesday 21st November 2018 @ 12:30 – 13:30 pm

Register at the Knowledge Centre on your Work+Family Space: www.myfamilycare.co.uk/oxford

*Catch up on past webinars through your Work+Family Space