

# 2021 Building Resilient Teams

HOSTED BY

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WELLBEING SPEAKER | RESILIENCE COACH | FASHION INDUSTRY EXPERT



## FOUNDATION TALK 1

### a very fashionable breakdown

- The foundation of burnout prevention
- How to spot it and take action
- Rewrite harmful thought patterns
- Maximise your sustainability

## TALK 2

### maximising creativity

- Maximise energy, reduce stress
- Accessing your most creative state
- Self discipline and creativity do go together

## TALK 3

### pushing boundaries

- Being bold and original
- The risks of not taking risks
- Redefining failure
- 'Build whats' strong' rather than 'fix what's wrong'

## TALK 4

### building your confidence

- Managing your emotions
- Setting clear expectations
- Building your value
- Self management

## TALK 5

### managing your mind-set

- Thriving under pressure
- Striving for progress not perfection
- Building resilience
- Self accountability

## TALK 6

### leading by example

- Live it before you lead it
- Building trust
- Asking for help - without showing weakness
- Leading by your values