

Resilience, Courage and Change

Date: Thursday 25th May 2023

Time: 12:30 – 14:00 PM

Location: Zoom

Cost: Members: £5.00 Non-Members £15.00

To Book: Members – book and pay via app

Members/Non-Members book and pay via [website](https://www.womeninproperty.org.uk)

Register by: Tuesday 23rd May 2023

Event Organiser: Sara Prince

Tel: 01684 491 647

Registration queries:

booking@womeninproperty.org.uk

- “We must be willing to let go of the life we planned so as to have the life that is waiting for us.”
- “Life doesn't get easier or more forgiving, we get stronger and more resilient.”
- “The oak fought the wind and was broken, the willow bent when it must and survived.”

Joseph Campbell

The stress and demands of modern living are taking its toll on our mental health and wellbeing. The majority of us at some point feel and may even recognize that we are ‘mentally unwell’. It’s likely that even if we do recognise we are unwell, we often don’t fully understand the causes and don’t feel comfortable talking about our wellbeing.

Presented by Patrick Regan OBE (Honorary Fellow at the South Bank University for his contribution towards justice and wellbeing, Patrick has written several books, the latest one being Brighter days, 12 steps to wellbeing), this session will help you:

- Understand more about your own mental wellbeing
- Look at the character traits of a resilient person/team
- Explore the environment needed to allow people to flourish and grow

Members and non-members of all genders are welcome to attend.



CPD Accredited: 1.5 hours



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