

Life Transitions: Growing Resilience A - Z

About the Book

This book is for anyone who has the desire to transform their lives through developing their lifelong learning techniques to grow resilience.

The pandemic has changed the way we see the world and has been the catalyst for many to undertake a personal transformation, to journey across the bridge from where they are to who they want to be.

This easy-to-use book is yours to customise and make your own through reflecting and writing down your thoughts and feelings as you undertake your transformation. You can take as long or as short a time as you want - you are encouraged to learn at your own pace. You can also pick and choose which techniques you want to try or leave some for another time.

In an era when so much has been taken from us, you can have some autonomy over what you choose to learn, when you want to apply the techniques, and how you will work towards achieving your goals.

About the Author

Dynamic Training Facilitator, Instructional Designer and Organisational Development Specialist. Delivering exceptional quality curricula design, assessment and facilitation in corporate, executive management, vocational and higher education programs.