



## "Enhance your levels of resilience"

- *Are you swamped by the levels of change in your life?*
- *Do you generally feel stressed and out of control?*
- *Have you lost touch with what's important to you?*
- *Are you finding it difficult to recover from setbacks?*
- *Do you feel like you're living someone else's life?*

*If you answer **YES** to one or more of the above, it's time for you to work on building your levels of resilience.*

*Mark Eyre is here to help you do this. He is an experienced facilitator, coach and writer, and enables people to develop strategies to build resilience, and to keep their shape. Mark specialises in helping people bring about transformational change, and he can work with you face to face, on Skype and by phone.*

*The first conversation would identify the challenges that impact on your resilience levels. From this initial assessment, a coaching programme would be agreed, which could include:*

- *Identifying the ways in which you naturally resist change*
- *Getting clear on your own personal values*
- *Setting goals to give direction*
- *Understanding your reactions under stress*
- *Your personality preferences and their impact on resilience*
- *Strategies for enhancing personal resilience*
- *Keeping your shape when under pressure*
- *Gaining confidence in facing change*

*Further details of what Mark has to offer can be found at [www.brilliantfutures.net](http://www.brilliantfutures.net) where you can sign up for his **Simply Brilliant Newsletter**, email [mark.eyre@brilliantfutures.net](mailto:mark.eyre@brilliantfutures.net) or alternatively contact him on **07981 716110***

***It's time for you to build your resilience and live brilliantly***