

Bounce Back Better[®] System

A RESILIENCE TRAINING FOR ORGANIZATIONS

Research shows that resilience is a **teachable mindset** and **skillset** that few people are taught, but everyone needs, especially when dealing with **times of change**. It is the unlock **key for success** in long-term, massively-challenging endeavors.

Resilient and adaptable teams are the **secret ingredient** of organizations that thrive despite obstacles. Give your organization the competitive advantage with **Bounce Back Better[®]**.



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DELIVERED TO YOUR TEAM

ESSENTIAL SKILLS

TAILORED TO YOUR NEEDS

1.1m Growth Mindset: From Judgments to Curiosity	1.2e Leveraging Positivity & Befriending Negativity	1.3p Physical Activity: Balanced Strength & Flexibility	1.4s Meaning & Purpose: You Matter
2.5m Reframing: The ABCDEFG of Personal Mastery™	2.6e Emotional Intelligence: Thoughts ↔ Feelings	2.7p Breathing for Regulating Thoughts & Feelings	2.8s The Science of the Hive: You Belong
3.9m Working with Worry & Doubting Your Doubts™	3.10e Energy Management Becoming Your Own CEO	3.11p Nutrition: Feeding Resilience	3.12s Pronoia: A Benevolent Universe
4.13m Mind Over Chatter: Tools for Mastering Thoughts	4.14e Emotion Alchemy: Tools for Mastering Feelings	4.15p Mind-Body Fitness: Movements for Mastering Your Life	4.16s Intuition & Miracles: Mastering Alignment

MENTAL,
EMOTIONAL,
PHYSICAL,
& SOCIAL
SKILLS FOR
RESILIENCE

"You can't stop the waves, but you can learn to surf."

- Jon Kabbat Zin

Call today for a FREE B³ Overview



Annamarie Brogan, CAPP, APPC, CRT is a certified life coach, resilience trainer and professional organizer. Annmarie is dedicated to helping individuals and organizations thrive using the science of positive psychology.



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