

# KeepingSane®

## as Strengths are aMazing



**Discover why Strengths are aMazing!**

This workshop is:

**About you!  
Interactive and enjoyable**

Sometimes life can be overwhelming and tricky and we feel like we are in a maze.

Knowing and harnessing our strengths can help guide us through the maze.

Using our strengths helps our resilience in tricky times.

You will take away simple tools and techniques to use with yourself, colleagues and friends.

*Keeping Sane® and Celebrating our Strengths is a workshop about the strength of teams. It is a prerequisite to this workshop about aMazing strength of individuals.*

**Delivery of presentation  
(2 hour) and  
participant resources**

Maximum 30 participants  
(additional costs for larger numbers)

**For more information contact  
[info@brainambulance.com.au](mailto:info@brainambulance.com.au)**



Prices are subject to change without notice

**m 0417 181 462 f 08 9582 9741 e [info@brainambulance.com.au](mailto:info@brainambulance.com.au)**

**w [brainambulance.com.au](http://brainambulance.com.au) a PO Box 1325 Mandurah WA 6210 ABN 68 420 615 116**