



COMMUNICATIONS

**FREE LUNCHTIME WORKSHOP IN JUNE:
“BUILDING YOUR RESILIENCE”**

19/22

**Geneva
14 June 2022**

To: All FICSA Members

From: Cosimo Melpignano, General Secretary

Dear Colleagues,

As a follow on from the short workshop provided to FICSA at its Council Meeting in Vienna at the end of April, Gwyneth Letherbarrow of Feelgood Coaching and Consulting is offering a free, 60-minute workshop on the topic of **‘Building Your Resilience’** to our members.

As many of you return to your formal place of work this 60-minute workshop will introduce you to some simple concepts to help you build your resilience so that:

- You better understand **how and why stress develops** because it's something you can learn to manage with great success
- You recognize and learn how to **interrupt personal stress triggers**
- You have simple tools and techniques to **reduce stress and overwhelm**, and so build resilience during this time of transition

When: Wednesday, 22 June at 13:00

Where: Online (login information will be shared when you save your place)

You can register using this link: <https://www.feelgoodcoachingandconsulting.com/ficsa-building-resilience>

Please share this invitation with all your affiliated members.