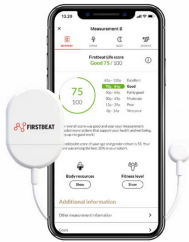
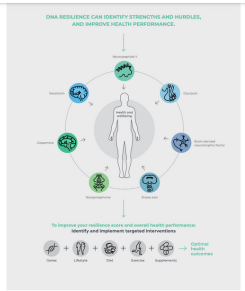




THE RESILIENCE PROGRAM



3-MONTH TRANSFORMATION PROGRAM THIS IS UNIQUE.. ARE YOU READY TO LEVEL UP?

PERSONAL GROWTH PROGRAM COMBINING THE LATEST TOOLS AND KNOWLEDGE ON RESILIENCE. FOCUSING ON PERFORMANCE, SELF-LEADERSHIP AND WELLBEING.

DATA-DRIVEN - SCIENCE-BASED

PRI Psychometric Resilience Assessment - Firstbeat Life Assessment - DNAResilience



Self-Awareness

Understand how you function, through objective data, feedback and subjective reflection



Self-Leadership

Build sustainable routines and habits that support your wellbeing and performance



Long-term impact

Unleash your true potential and learn how to sustain top level performance and capacity

What's so special about it?

"My coach's ability to make a comprehensive analysis of the client's situation is something unique. She has extensive knowledge of performance, resilience, productivity and human capacity. I can highly recommend her coaching services to any leader interested in changing / improving life balance and performance."