



LIGHTHOUSE
LEADERS GROUP



**BUILD YOUR TEAM'S CAPACITY
TO ADAPT TO AND THRIVE
THROUGH CHANGE**

**...AND MAINTAIN A SENSE OF
OPTIMISM THROUGH CHALLENGES**

**41% of workers
said stress made
them less productive
- Source: Coloniallife,
2019**

OUTCOMES:

- ✓ Create ongoing goals for addressing stress
- ✓ Identify life-style and coping-style strengths
- ✓ Learn how to use stress as a positive resource for resilience and thriving
- ✓ Learn mind-body tools for adapting a positive mind-set in the face of stress
- ✓ Identify early and later warning signs of poor coping, and ways to address or get help

**WANT TO BRING
RESILIENCE & GRIT TRAINING
TO YOUR ORGANIZATION?**

**2 HOUR MASTERCLASS
AVAILABLE FOR BOTH
VIRTUAL OR IN-PERSON
SESSIONS**

Scan barcode to book a call



or email Terri-Ann at
Hello@LighthouseLeaders.Group



**Resilience & Thriving:
The Secret Power of Stress
Masterclass** is designed
to equip you and your team
with easy-to-use practical
skills for identifying and
reducing stress at home
and at work.

Facilitated by Terri-Ann Richards, Founder of LighthouseLeaders.Group

Terri-Ann is a serial entrepreneur with almost two decades of business ownership and leadership experience. She is certified in EQi-2.0® and EQ-360®, Resiliency and Thriving through the National Wellness Institute, Personality Dimensions®, Lead Management and Reality Therapy through the William Glasser Institute, as well as a Certified Leadership Coach.

