



## Women in Securitisation Subcommittee

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## Women in Securitisation

# Resilience Program Outline - 2018

The ASF Women in Securitisation Subcommittee is holding a series of resilience workshops. Our goal is to support our members to flourish in today's fast-paced and competitive work environments. The program is exclusively for ASF members to provide you with the mental strategies to promote yourselves and your strengths in the workplace.

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*Resilience can be developed with practical skills, to assist in supporting your satisfaction at work. Better levels of resilience can help you perform well under pressure, cope more effectively, and respond positively, confidently, and flexibly to challenges and changing situational demands.*

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### About the program

Over two sessions, we will cover evidence-based approaches to developing resilience:

1. Coping with stress, pressures and challenges at work – mental toughness
2. Building wellbeing to enhance resilience
3. Building performance, energy and engagement at work through using natural strengths
4. Strategies for maintaining resilience over time

Participants will leave with:

- An understanding of the many pathways available to boost resilience
- World-leading scientifically validated assessments and individual profiles for mental toughness, performance strengths and wellbeing
- Specific actions that can be used immediately to improve resilience and psychological wellbeing
- A personal resilience plan to support ongoing resilience and wellbeing into the future.

## Details

<b>Dates</b>	Session 1: Tuesday 29 May Session 2: Tuesday 12 June
<b>Time</b>	11.30am - 2pm, lunch included both days
<b>Venue</b>	S&P Global Ratings Level 45, 120 Collins Street, Melbourne VIC 3000
<b>Registration</b>	<a href="#">Online</a> by Friday 18 May

The program cost per participant is **\$290**, which includes:

- Attendance and participation at the two sessions
- Psychological assessments
- Printed and soft-copy materials
- Access to independent review discussions with presenters intra-session

Please note that participants will be required to complete pre-course work, which should take no longer than 45 minutes.

The program has availability for a maximum of **14 participants**, and places will be filled on a first-come, first-served basis, so please register promptly.

We encourage ASF member companies to consider and support team members who would benefit from the program. The program is not aimed at a particular level of seniority, but rather at women in our industry looking to boost their levels of resilience, wellbeing and mental toughness.

## Enquiries

If you have any enquiries about the program, please contact Belinda Smith on [belinda.smith@eticore.com.au](mailto:belinda.smith@eticore.com.au) or 02 8278 9520 or Lynsey Jackson on [ljackson@securitisation.com.au](mailto:ljackson@securitisation.com.au) or 02 8243 3907.

## About the presenters

*Kate Wilkie* and *Debra Close* are Positive Psychology coaches. In their practice, they apply research and interventions from Positive Psychology and Coaching Psychology, which explore the experiences, characteristics and practices that enable individuals to pursue goals, flourish and excel. They have a strong appreciation for the diverse challenges and opportunities that professional women encounter; and our capacity to learn, harness our strengths and adapt positively. Kate and Debra hold the Masters of Coaching Psychology from the University of Sydney. They are members of the International Society of Coaching Psychology and the International Positive Psychology Association.