



Emotional Resilience

Following a recent Queensland Leaders Industry Experts lunch, Nadia Taylor of Livingstones presented a topic on developing emotional resilience.

This would be one of the most important leadership skills in the current changing market conditions and there are six key areas proposed for business leaders to focus on themselves and to promote in their organisations to achieve success.

The Six areas to develop emotional resilience are:

1. Setting GOALS & monitoring your achievements
2. Ensure you have established trusted RELATIONSHIPS
3. Develop OPTIMISM around thinking
4. Awareness and values of WHO you are
5. Recognising and celebrating the MOMENTS that matter
6. HEALTHY habits – exercise and eating



Should you require further information, please contact Livingstones 3833 1200 | solution@livingstones.com.au or Queensland Leaders 07 3392 1661 | info@qldleaders.com.au