



Tom Flatau

Mindset and the Neuroscience of Resilience



We are pleased to announce that Tom Flatau will be returning to the Channel Islands in May to offer an insight into the Mindset and the Neuroscience of Resilience.

The latest neuroscience and positive psychology research shows that learning to handle stress and develop an optimistic outlook is within everyone's grasp because we all have the power to literally re-wire our brain!

The results of stress and pessimistic outlook on the human body are well documented. Impaired immunity, increased risk of major illnesses such as heart disease and cancer; stress literally kills brain cells. These physical effects are in addition to the impact stress has on our working and personal relationships and quality of life.

It's time to switch mindset: In contrast, research shows that people with an optimistic outlook and resilience strategies are more productive, healthier and even live longer than pessimists. We call this a 'growth' mindset. Importantly, with the right training, it is entirely possible to switch even if you are currently buried deep within negativity. Join us for this bite sized workshop!

To find out more about the event and book your space please contact visit ciob.org.uk/events and select London & Southern under the Region tab. <https://bit.ly/2SM5hLG>

Date: Thursday 23 May 2019

Time: 7.00am breakfast & networking 8.00am start—10.00 Finish

Venue: Grand Jersey Hotel & Spa, Jersey

Cost: FREE to CIOB Members, £22 Concessions (JeCC) £25 Non-member

Speaker: Tom Flatau - Teamworking International Ltd

Tom Flatau is an internationally acclaimed speaker and leadership coach. His work is based on understanding human instincts and behaviour, derived from up-to-the-minute research in the fields of neuroscience and positive psychology

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