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Build Your Resilience: CBT, mindfulness and stress management to survive and thrive in any situation: Robertson, Donald: Amazon.com.au: Books

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Using Cognitive Behaviour Therapy (CBT) techniques and the latest developments in mindfulness and acceptance-based approaches, this practical guide will take you through each stage of preparing for, enduring and recovering from a major life crisis helping you better understand

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5 Ways to Build Resilience Every Day - Mindful

As well as Mindfulness training, we provide training to organisations on issues such as mental health awareness, building resilience and employee wellbeing. We also host CPD events, facilitate team building events, and deliver wellbeing in nature events.

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