

Keynote Programme for 2022

Dr Lucy Hone & Dr Denise Quinlan

- **Practical Tools for Challenge & Growth:**
Resilience research you can use
- **Sustainable High Performance:**
Going the distance and avoiding burnout
- **Resilience:**
How can we build it in ourselves and others?
- **Resilient Grieving:**
How can we support those coping with loss?
- **Why Strengths Matter:**
The secret to unleashing your organisation's true potential

Keynote enquiries, please contact
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