Building your resilience



- What resilience is and why it matters
- Learn to focus on what you can influence
- How to make small changes and practice them regularly

sovereignresourcehub.co.uk

• webinar • resource links • practical tips • activities

Sovereign Health Care

Powered by Let'sGet Healthy
activate employee performance

Sovereign Health Care is a company limited by guarantee. Registered in England no 85588. Registered office: 2nd Floor, West Wing, The Waterfront, Salts Mill Road, Shipley, Bradford BD17 7EZ. The information in this document is provided by Let's Get Healthy and is not regulated by the Financial Conduct Authority.