

# THE BRILLIANCE OF RESILIENCE

## Actionable Strategies to Manage Stress & Improve Wellbeing



Presented by

**SHADÉ ZAHRAI**

Director of Influenceo Global, Award-Winning Leadership Strategist, Bestselling Author, Personal Mastery Expert, Culture & Change Advisor, Female Career Empowerment Expert

The Covid 19 pandemic has caused major changes in the way many of us work. During unforeseen and unprecedented change, it is all too easy to become overwhelmed. AILA NSW Young Professionals are proud to present a webinar to help you stress less and develop resilience.

The webinar will:

- Detail what happens in your brain when faced with change and how a simple mindset shift can transform your experience
- Explore the Matrix of Wellbeing to build resilience and help you combat stress and pressure
- Provide a selection of actionable strategies and 'hacks' to help you manage stress and improve overall wellbeing

Mindset Specialist and Award-Winning leadership strategist, Shadé Zahrai is recognised for her ability to translate scientific research into practical, actionable strategies. Shadé regularly presents to corporate clients and government organisations on the topic of mindfulness. She is the bestselling author of "I Don't Want to be Happy – said no one ever!" and has also presented at Ted & TedX. After starting her career in law, Shadé is aware of the pressures and challenges faced by young professionals. This webinar has been specifically designed to help young professionals and is not to be missed.

This session will be chaired by:

**MELISSA EVANS** Underwriter, Professional & Financial Risks, Liberty Specialty Markets

Thursday  
18 June  
2020

**LIVE  
WEBINAR**  
12:00pm –  
1:00pm  
EST

**Points:**  
1 CPD  
1 ANZIIF  
1 NIBA

Members \$15  
Non-Members \$25  
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