

We're Committed

To help enhance the quality of your professional life and propel you to greater heights!



Resilience @ Work Programme Preview

Do you struggle when dealing with challenging situations? Have you always wanted to better cope, adapt and even bounce back when something difficult happens in your life?

Resilience is what you are looking for - a valuable psychological tool you can implement to get yourself back to feeling normal again.

We are proud to bring you a preview of Resilience @ Work programme where we will provide insights to the essential aspects of self-resilience.

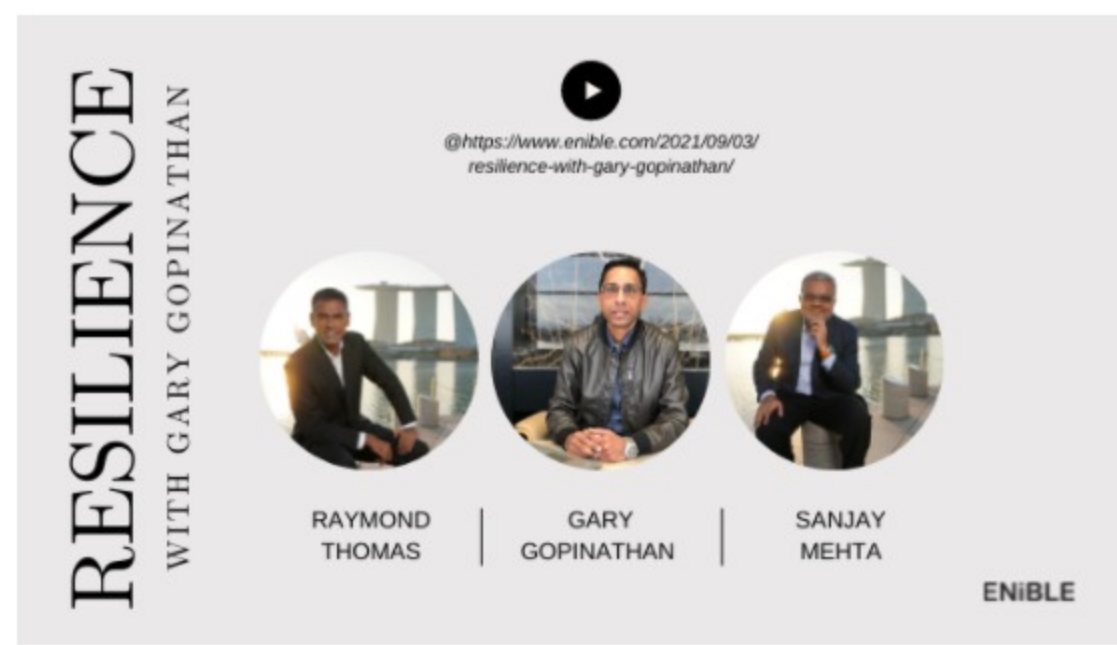
Details of the programme preview as follows:

Day/ Date: Wednesday, 29 Sept

Time: 11am

Via ZOOM

[REGISTER NOW!](#)



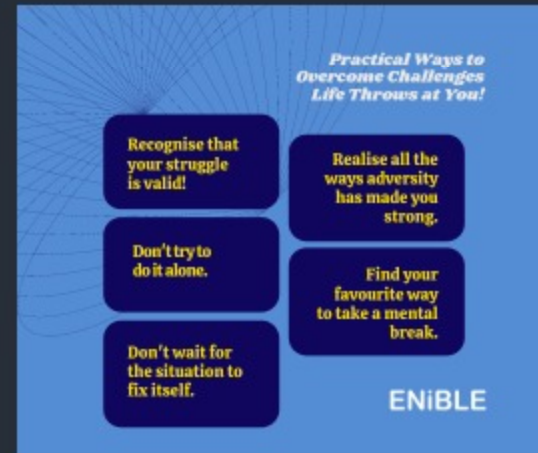
September 7

Resilience with Gary Gopinathan

Tune in as Gary, Raymond & Sanjay have a candid conversation of what Resilience meant to them.

ENiBLE Tool Kit

A collection of tips and tools to equip, enable and empower you to innovate and thrive!



Practical Ways to Overcome Challenges

Clinical psychologist Meg Jay describe resilience as a heroic struggle.

"It's really a battle, not a bounce," she says - an ongoing process that can last for years.

Good news is resilience is not something you are born with but rather a teachable skill.

So here are some practical tips to help you build resilience at work and home.



Resilience is About How You Recharge

Overwork and exhaustion are the opposite of resilience. According to Arianna Huffington who wrote in her book *The Sleep Revolution*, "We sacrifice sleep in the name of productivity, but ironically our loss of sleep, despite the extra hours we spend at work, adds up to 11 days of lost productivity per year per worker, or about \$2,280."

So stop taking a militaristic, "tough" approach to resilience and grit. And start making adequate internal and external recovery periods.



McGhee Productivity Solutions & ENiBLE Presents

Take Back Your Life®! Programme

Find out how we can support you in learning about sustainable models, human behaviour and the technical skills for getting things done right.

[Yes! I want to KNOW MORE.](#)



Just for YOU

30 Mins 1-on-1 Coaching

To thank you for staying with us, we now offer a COMPLIMENTARY 30 mins 1-on-1 coaching session! [E-mail us](#) to schedule a slot!

[Yes! I want a Coaching Session.](#)

Food for Thought

Share your views with us by leaving comments on our social media handles!



Resilience: The Dark Side

[When resilience is taken to an extreme](#)



Is Stress a Bad Thing?

[How it can be viewed as positive?](#)



Learn, Unlearn, Relearn

[Do you have the ability to learn?](#)

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