

Building Resilience

Adapting, Leading, and Excelling under Pressure

Duration: **One day intensive**

Time: **9:00 AM – 4:30 PM (with breaks)**

Individual Registration: **\$895 AUD (plus GST)**

Course Description

In today's fast-paced environments, resilience isn't just a skill - it's a necessity. Whether navigating organisational challenges, leading through uncertainty, or maintaining performance under pressure, the ability to adapt and thrive is essential for public and private sector professionals alike.

This course, led by Clinical Psychologist Nesh Nikolic, provides evidence-based strategies to build mental agility, manage stress, and foster a resilient mindset. Grounded in psychological theory and tailored for senior leaders and decision-makers, this session offers actionable insights to help participants remain effective, focused, and confident no matter the challenges they face.

Key Learning Outcomes

By the end of this course, participants will:

- 1. Learn Practical Resilience Techniques:** Understand how to stay composed and focused under pressure using evidence-based psychological strategies.
- 2. Develop Resilient Leadership Practices:** Build practical strategies to enhance mental toughness, decision-making, and emotional regulation in both personal and professional contexts.
- 3. Strengthen Organisational Resilience:** Learn to foster a resilient workplace culture that enhances collaboration, productivity, and team well-being.

Why Attend This Course?

- Develop resilience skills to enhance your professional effectiveness.
- Gain practical tools and strategies you can implement right away.
- Engage with peers in a dynamic and interactive learning environment.

Topics Covered

- 1. The Psychology of Resilience**
What science tells us about thriving in adversity.
- 2. The Resilient Mindset Framework**
Practical techniques to manage stress, uncertainty, and pressure.
- 3. Emotional Regulation Mastery**
Tools to stay calm, focused, and resourceful under pressure.
- 4. Resilience in Leadership**
Building trust, adaptability, and influence in challenging times.
- 5. Creating a Resilient Organisation**
Strategies to enhance team cohesion and workplace well-being.
- 6. Beyond Burnout**
How to recharge, reframe, and reengage for sustained success.



About the Presenter

Nesh Nikolic is the Managing Director and Principal Clinical Psychologist at Strategic Psychology, with over 17 years of experience and approximately 25,000 hours of consulting practice. He has presented at universities, health institutions, and other professional forums, including TEDx events at the University of Western Sydney and in Canberra.

His engaging, relatable, and insightful approach has made him a sought-after speaker and trainer, known for turning complex psychological principles into practical, actionable strategies. Nesh's experience spans resilience, mindfulness and emotional intelligence, helping professionals reach their full potential.