

# An evening with Hugh van Cuylenburg from-



**Tuesday  
27th April  
6:30-7:30pm**

The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses and provide them with evidence based, practical strategies to build resilience and happiness. The Resilience Project has delivered programs to over 1000 schools around the country and worked with many elite sporting teams including Australian cricket, netball and soccer, NRL and AFL clubs. Through presentations, wellbeing journals, schools curriculum, teacher diaries and their App, The Resilience Project seeks to help all Australians become mentally healthy.

Programs offered by The Resilience Project are based on the following strategies:

- Gratitude - Appreciating what you have, not begrudging what you don't.
- Empathy - Thinking of the needs of others/kindness.
- Mindfulness - Being present in the moment, not becoming distracted by unhelpful or negative thoughts.

During this presentation, Hugh will share his experiences and combine them with practical strategies that can be implemented everyday to improve our overall wellbeing.

**PLEASE RESPOND TO THE INVITATION ON OPEROO BY MONDAY 19TH APRIL.**

**THIS WILL BE A FACE TO FACE EVENT.**