



PREFERRED TRAINING  
NETWORKS



# DEALING WITH THE CARDS YOU'RE DEALT

"Each player must accept the cards life deals them" — Voltaire

**D**ealing with the Cards You're Dealt is a transformative course designed to empower individuals to thrive in external conditions beyond their control. Participants will explore strategies for resilience, adaptability, and self-motivation in challenging environments. Through practical exercises, reflective discussions, and tools like mindset shifts and prioritisation, this course teaches how to stay focused, maintain a positive attitude, and harness the power of choice. Whether facing workplace challenges, personal setbacks, or unforeseen circumstances, you'll gain the skills to navigate and excel no matter the hand you're dealt.

## Key Course Content:

- Embrace challenges as opportunities to grow and adapt effectively.
- Learn to focus on what you can control in uncertain circumstances.
- Build resilience to navigate situations beyond your control with poise.
- Shift your mindset to find strengths in unexpected limitations.
- Develop strategies to maintain motivation in tough environments.
- Foster adaptability to thrive in dynamic and changing conditions.
- Understand how to reframe obstacles as stepping stones to success.
- Practice mindfulness to stay grounded in the face of uncertainty.
- Gain tools to build confidence and excel, no matter the situation.



## Target Audience:

Managers and Staff



## Duration:

This course is available as a 1-day course or a truncated half-day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.



## Get a Quick Quote:

Let us know if you would like an obligation free quote for your organisation.

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