

# Food for Thought

## Building resilience for health happiness and performance



Stuart Taylor, Director of The Resilience Institute, will lead an interactive session that will define and explore the concept of resilience and present an evidenced-based framework for building personal resilience.

There is more to life than living in negative stress, fatigue and illness that is often associated with the “dash for cash” and “dash for career”. **Resilience** is a key competence to help you to live and work with **more flow, higher engagement, health and happiness** and ultimately reach out to your full potential.

“...more than education, more than experience, more than training, a person's level of **resilience will determine who succeeds and who fails.**” Harvard Business Review May 2002.

Prior to joining The Resilience Institute, Stuart was an Associate Director with KPMG Management Consulting and then worked as a senior manager in a global corporation. More recently, Stuart was diagnosed with a major life threatening illness. Stuart's road to full recovery has been one of enormous personal growth and he now lives the principles recommended by The Resilience Institute.

**Date: Friday 11 August 2006**

**Time: 6:30pm - 9:30pm**

**Venue: Vic Health Building,  
15-31 Pelham Street, Carlton**

**(entrance from Rathdowne Street, St. Nicholas Place)**

**Cost: \$20 FFTN members, \$30 non-FFTN members**  
**(includes finger food and a drink plus development)**

Further enquiries and bookings Varvara Ioannou 0403 034 527, or preferably  
e-mail [info@fftn.org.au](mailto:info@fftn.org.au)

Please send cheques to FFTN, PO Box 843, Templestowe, Vic 3106

**Stuart is extremely motivational and seats are limited so pre-bookings  
and payment are essential!**