

Reducing Stress and Building Resilience

Working in the health and medical research sector brings unique stressors and we often hear about how important resilience is for a successful career; however, we're rarely told how to develop this resilience. To teach us how to reduce stress and build resilience, we are thrilled to host **mindfulness and meditation practitioner and R u Ok? Ambassador, Chelsea Pottenger, for this online 1-hour workshop**. Chelsea will share some tools to help you become calmer and enhance your productivity so that you can maximise your output while performing under pressure. Take a break for morning tea to learn some valuable new skills and connect with women from across the sector!



When: Wednesday 15 July 2020

Time: 10.30 to 11.30 am (bring your morning cuppa!)

Inclusions: Inspiring speaker and new skills

Registration: Essential via our [website](#) – spaces are limited

Cost (excl GST): Members - \$14.50 Guests - \$35

For all the details and to register visit our website: www.franklinwomen.com.au

What is Franklin Women? We are a professional community for women working in diverse health and medical research careers. We aim to bring together like-minded women to create new career connections, offer professional and personal development and to have a bit of fun, too! Want to find out what we are all about? Come to one of our events, [sign up](#) to our monthly e-newsletter, or follow us on [Twitter](#) and [Facebook](#).

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Franklin Women
Women Working in Health and Medical Research