



So You're a Construction Professional – But are you Resilient?

There's no doubt that to be a successful construction professional you need Resilience. But looking behind the buzzword, what really is Resilience? Both on a personal and an organisational level?

The SoCLA is not only focused on providing events tackling the hard legal topics, but we are also focused on exploring the non-legal tools required to become a better construction professional. Mandy Scotney, Psychotherapist, business leader & founder of Chirp, will explore the skills and behavioural strategies to build and support resilience for individuals and within teams and organisations. Drawing from neuroscience research and self-management techniques, this event will provide you with applied techniques to thrive in our industry.

Mandy will explore whether resilience is something you can learn, she'll explore how to build it, and discuss protective factors that can be employed to guard against burnout and the other negative impacts of stress in our workplaces and lives. Finally, she'll consider resilience in our teams and organisations, focusing on how current and future leaders can create a positive workplace climate in order to promote and support resilience across the business.

RSVP Details

Date: Thursday, 4 April 2019
Time: 5:30pm, for a 6:00pm start
(networking drinks to follow)
Location: Piper Alderman
Level 23, Governor Macquarie Tower, 1 Farrer Place
Sydney NSW 2000
RSVP: Please register on the [SoCLA website](#)

About Mandy Scotney

Psychotherapist and founder of Chirp, Mandy brings more than 15 years of senior management experience gained across the travel, recruitment and health & wellbeing industries in Australia & internationally. Qualified with a Bachelor of Business in HR Management and a Masters in Counselling & Psychotherapy, she believes that a personal and organisational focus on wellbeing is fundamental to both business and individual success.