

Resilient, connected and supported during change

There are real challenges and opportunities for small to medium sized business and organisations at the moment.

Many of us are either working from home or in a workplace with limited day to day contact with peers. We need to respond rapidly and regularly to external change whilst at the same time making strategic and operational changes in business direction and activity. Meanwhile we are dealing with the impact of change on our teams, our families and on ourselves. It is a big ask for us all. No wonder we are hearing the word 'overwhelm' from many people!

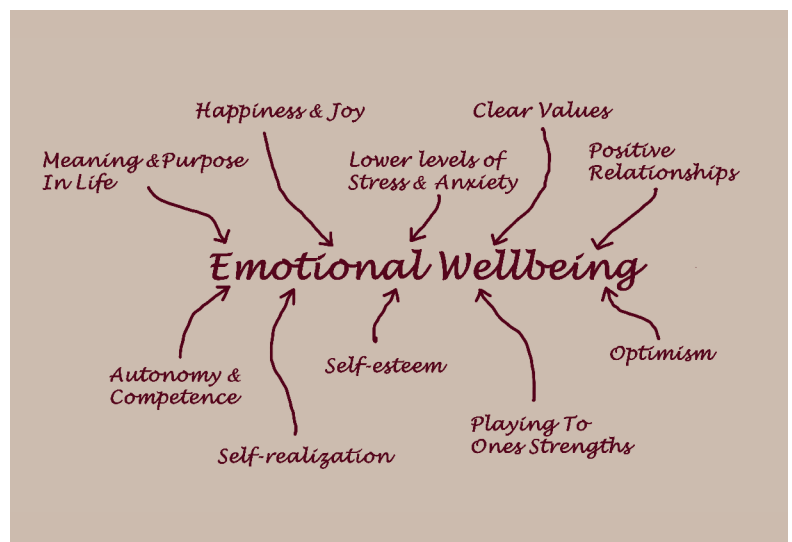
Our small group peer learning, coaching and resilience groups have been designed to support and enable founders, leaders, managers and trustees in purpose led enterprises feel and act resourcefully.

Our aims are to create a growth space that:

- enables a thinking to make change easier to navigate,
- creates opportunities for shared learning, best practice and support
- increases personal resilience through expert resources and practical actions
- encourages resilience through a focus on strengths, motivation, growth mindset and meaning
- develops skills in managing change, relationship and resilience.



Change and resilience mastermind group for purpose led founders and leaders



I'm interested. What's involved?

- We will have groups starting in March, April and May
- Groups will be a maximum of 8 and a minimum of 5 participants.
- Six weekly sessions. Home practise inbetween.
- The session are 1.5 hours

What are my next steps?

Email alix@candoitnow.co.uk or call on 07977930223

[Profile - Alix Nadelman](#)

