

Team Fingerprint Workshops

with
Justine Martin
the Queen of Resilience



A workbook will be supplied to each participant in the workshop.

- Workshops are conducted in-person at your venue.
- Workshops can be conducted virtually.

Please enquire:

hello@justinemartin.com.au



Team Fingerprint Workshops



This one-day workshop is designed to help participants build resilience and develop a growth-oriented mindset that enables them to overcome challenges and thrive in the face of adversity.

The Workshop is divided into two sessions: the first session focuses on learning about resilience and developing key skills, while the second session provides an opportunity for participants to express what they have learned through a painting exercise.

Session 1. Building Resilience (morning session)

In this session, participants will learn about resilience and how to cultivate a growth-oriented mindset.

Key topics will include:

- Understanding the meaning of resilience and its importance in personal and professional life.
- Identifying personal resilience strengths and areas for development. Learning practical strategies to cope with stress, adversity and setbacks.
- Developing a positive mindset and self-talk to overcome limiting beliefs and negative thought patterns.
- Building a support network of friends, family and mentors. Setting goals and developing an action plan to achieve them.

Session 2: Painting your Masterpiece (afternoon session)

- In this session, participants will put what they have learned into practice through a painting exercise.
- Each participant will be given a canvas, paint and brushes to create their resilience masterpiece.
- The aim is to express what they have learned about resilience and how they plan to apply it in their lives.

Key Takeaways:

- Understand the importance of resilience and its role in personal and professional success.
- Develop practical skills to build resilience and cope with challenges. Cultivate a growth-oriented mindset that enables personal growth and transformation.
- Express what they have learned through a creative painting exercise
- Overall, Team Fingerprint workshops aim to provide participants with the tools and knowledge they need to build resilience, overcome challenges and achieve their goals. By combining learning with a creative activity, participants will have a memorable and engaging experience that will stay with them long after the workshop is over.

A workbook will be supplied to each participant in the workshop.

- Workshops are conducted in-person at your venue.
- Workshops can be conducted virtually, please enquire hello@justinemartin.com.au