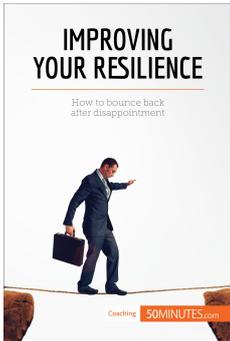


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IMPROVING YOUR RESILIENCE EBOOKS 2019



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Ready to take your career to the next level? Find out everything you need to know about increasing your resilience with this practical guide. Although overcoming setbacks may sometimes seem impossible, every individual has the strength to continue making progress and to live a happy and fulfilling life. Since problems in life are inevitable, it is a good idea to learn how to use this inner strength and develop resilience as soon as possible. In 50 minutes you will be able to:

- Identify sources of support in your life and learn how you can give yourself strength
- Start making changes to become a positive and resilient employee
- Process your suffering and start to move on

ABOUT 50MINUTES.COM | COACHINGu026#xa0; The Coaching series from the 50Minutes collection is aimed at all those who, at any stage in their careers, are looking to acquire personal or professional skills, adapt to new situations or simply re-evaluate their work-life balance. The concise and effective style of our guides enables you to gain an in-depth understanding of a broad range of concepts, combining theory, constructive examples and practical exercises to enhance your learning.

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