



Heidi
DENING
Speaker - Author - Educator

Tough Times Don't Last
Resilient PA's Do.

Why yes,
I am a bit stressed.
Why do you ask?





Daily
Habits





H

C.P.R.
your
Day



*“NO, I’M NOT
COMING DOWN!*

*We’ve been on
20 walks today.*

Leave me alone.”

H

C.ut
Off

Only 37%
can switch off
from work after hours



Prioritise *P*ersonal life


H



H



R.eflect

A woman with dark hair, wearing a bright yellow button-down shirt and a necklace, is seated at a light-colored wooden table. She is looking down at a silver laptop, with her hands on the keyboard. To her left, a white smartphone lies on the table. To her right, there is a vibrant red ceramic mug. The background shows a window with a view of greenery outside, and a portion of a green upholstered chair is visible on the left. A semi-transparent white box is overlaid on the left side of the image, containing the text 'Awareness + Action' in a bold, black, sans-serif font.

**Awareness
+
Action**

H



Resilience Bucket

Resilience

Bucket



Resilience

Bucket

Lethargic

can't focus

Teary

Silly Mistakes

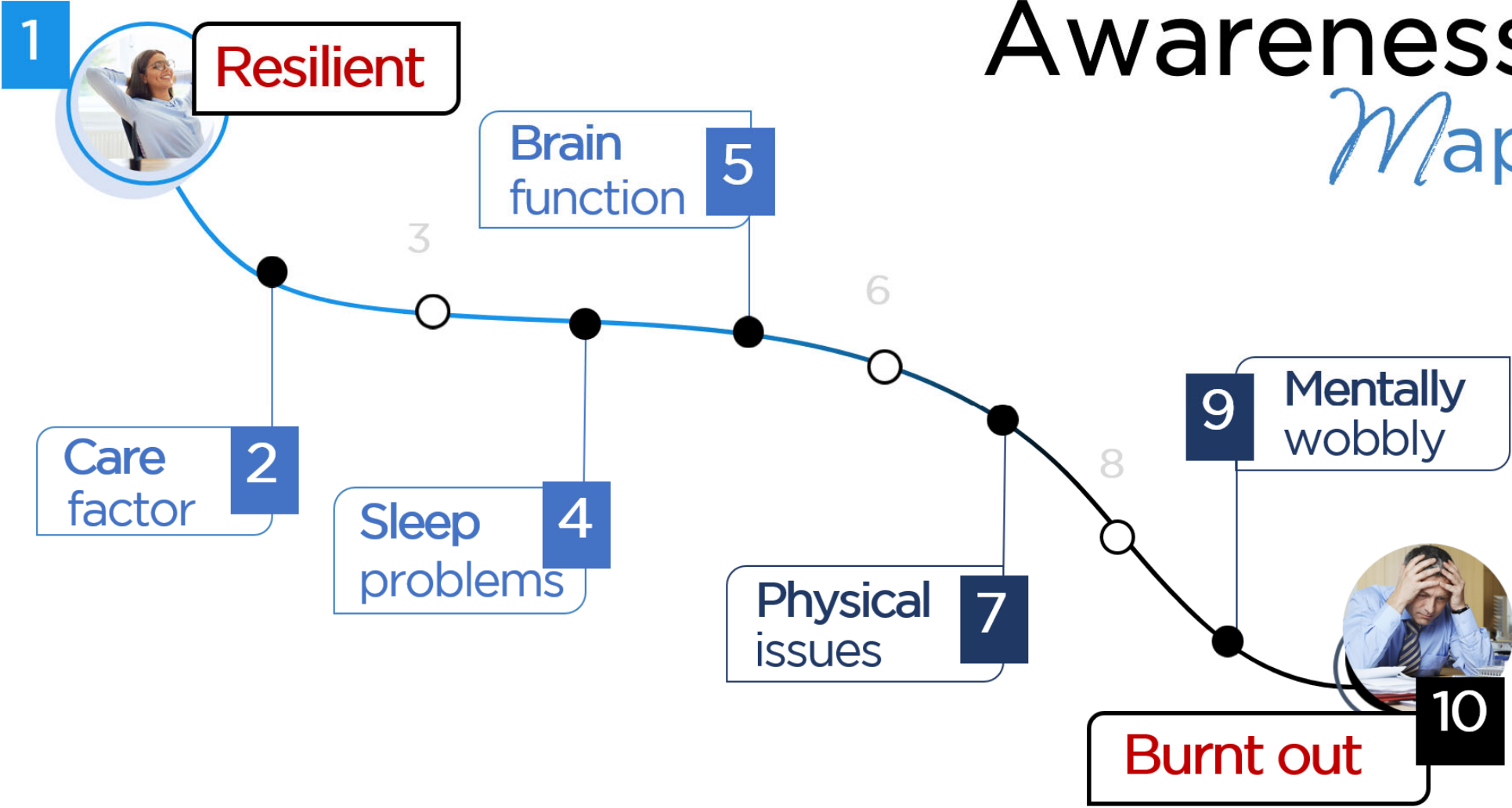
CRANKY

poor decisions

Lose
Motivation



Awareness Map



10,000
professionals

42%
developed a
mental ill-health issue

Superfriend[®]



H



H

Scan the
QR code

or go to

www.menti.com

and use the code

3005 8160



‘If you listen to your
body when it whispers.

you won't have to hear it
when it screams.’

Cherokee Proverb



Education

Changes lives

H





H





H

H



H





‘Rock bottom became
the solid foundation
on which I rebuilt my life.’



J.K. Rowling

Be *Still*

10 mins

Daily

0.7%

Strong
Bucket
Formula

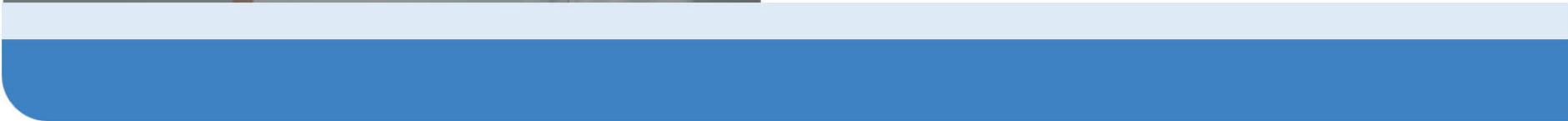
Insight Timer



Guided Meditation

Learning To Honour Our Rhythms And Cycles

By Sarah Blondin





I'm spending 10mins alone
with my 2 border collies.

Not feeding, not walking,
not talking but only patting
and giving love.

Very rewarding.

Thanks,

Shane

H

Be *Still*

10 mins

Daily

0.7%

Find *Joy*

1 hour

Weekly

0.6%

Strong
Bucket
Formula

The

Joy

Jiggle

Be *Still*

10 mins

Daily

0.7%

Find *Joy*

1 hour

Weekly

0.6%

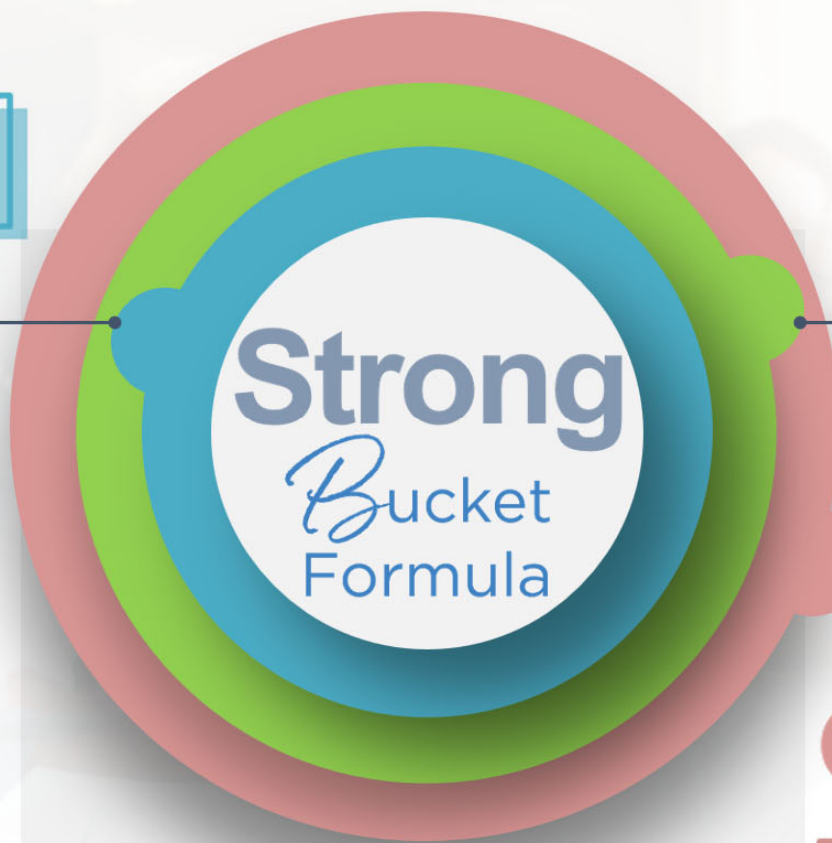
Strong
Bucket
Formula

3.2%

Chill *Out*

1 day

Monthly



Be *Still*

10 mins

Daily

0.7%

Find *Joy*

1 hour

Weekly

0.6%

Live *Life*

3.3%

Long Weekend

Quarterly

Chill *Out*

1 day

Monthly

Strong
Bucket
Formula



Connect *Always*

Year Long

Be *Still*

10 mins **Daily**

Find *Joy*

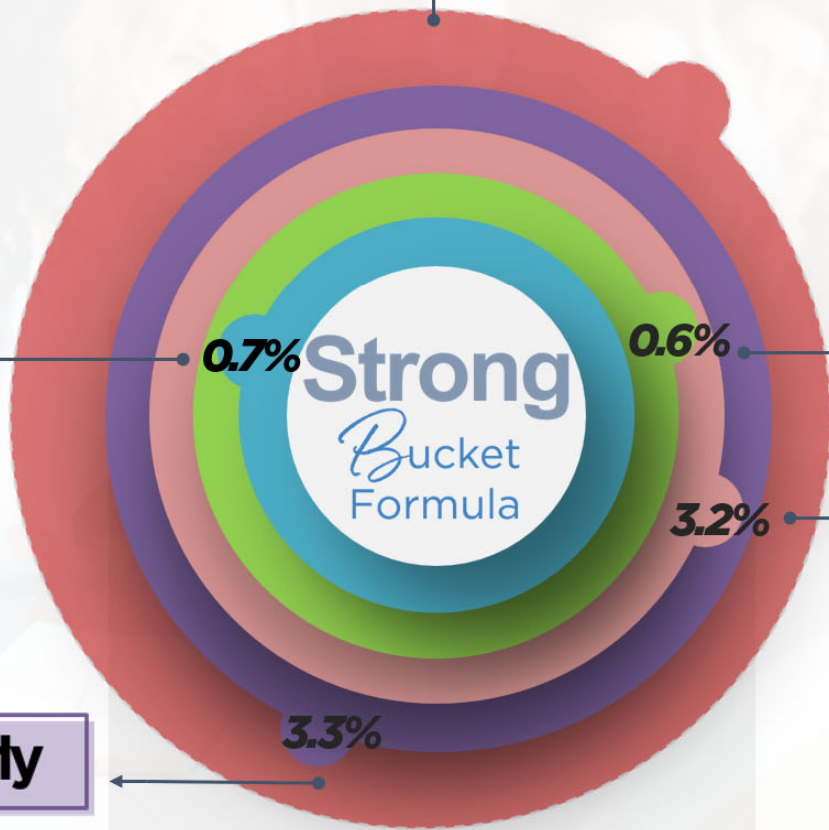
1 hour **Weekly**

Live *Life*

Long Weekend **Quarterly**

Chill *Out*

1 day **Monthly**



H

Education Changes lives








‘ Replenishing your
Resilience
will give the world the
BEST of you,
instead of what is left of you. ’



Let's Stay Connected

   / Heidi Dening

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