

RESILIENCE: A KEY TO AGING WELL

The baby boomer population is advancing into old age, and with it, the proportion of the global population that may be considered elderly. This generation of elderly are more active and fit than previously seen. And, they can be expected to remain so for much longer than their predecessors. It is a joy to see just how keen they are to fully enjoy their extensive wise years in life. Yet, as we age, we are more likely to experience unpleasant events; whether those events pertain to physical health, mental health or the loss of a loved one. Each unpleasant event can place an additive strain on our overall well-being.

One article I read recently spoke to the importance of resilience in aging well. It matters more about how we respond to events, than it does the events themselves. This article also spoke to the resilience built into our physical, cognitive and mental selves by the things we do. The built-in resilience was akin to saving money for a rainy day so that we have the financial reserves to draw upon as needed. In this resilience 'bank', we have the physical, cognitive and mental resources to draw upon if and when needed. They become 'there' for us until needed and they remain available to us until the reserves therein are depleted.



It seems to me that this is what the research on neuroplasticity is all about: Stretching those brain muscles as a means of keeping one's mind nimble will certainly act as a resilience 'bank' in the cognitive arena. Similarly, physical exercise, coupled with healthy eating will do wonders for keeping yourself as healthy and as resilient as possible. Maintaining your social network means that you have others to draw upon in the face of the loss of a loved one. While none of these factors will compensate for an unpleasant event, they can help mitigate or minimise the impact of those negative events on our minds, bodies and souls.

At the end of the day, we can all live a fuller and healthier life. So, what are we doing to be more resilient in the face of future unpleasantness?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

OUR HIGHER ORDER CALLING

To help you reach your full potential: Personally, professionally, entrepreneurially and money-wise.

HQ[®] is delivered exclusively to your in-box, with only a selection of backissues available on the web. Together with its siblings, this newsletter will provide food for thought to help you reach your full potential: Personally, professionally, entrepreneurially and money-wise. Thoughts, observations and reflections all welcome.

WORKSHOP AND SEMINAR 2019 CALENDAR

Helping you Reach Your Full Potential: [Personally](#),
[Professionally](#), [Entrepreneurially](#), and [Money-wise](#)

The 2019 Workshop and Seminar calendar is about bullet-proofing yourself: Personally, professionally, entrepreneurially and money-wise. Bookings can be made through our Eventbrite page.

BULLET PROOF YOUR RESOLUTIONS

As the dawn of a new year approaches, it is natural to turn one's attention to setting goals and aspirations for the year ahead. However, not everyone who sets a resolution is able to successfully see it through. Resolutions, dreams and aspirations can be set throughout the year as well with equally good, or poor, results. Each January, we offer a two-hour workshop on how to turn your resolutions into reality. We also have a CD available for purchase throughout the year. CDs can be picked up at our office for \$22/CD. A postage and handling fee also applies to those who would prefer to have their CD posted to them.

BULLET PROOF YOUR MIND

We are not born with an operating manual to our minds. We all need to learn how to make the most of our own minds. This series of two-hour workshops will show you how to do just that. More specifically, you will learn how to relax your mind, calm and centre yourself, operate from a space of confidence, motivate yourself, as well as calm anxiety, sleep better and manage stress. This series of two-hour workshops will be held weekly from 5th June to 17th July inclusively. See also our workshop on *Bullet Proof Your Professional and Entrepreneurial Brain*.

BULLET PROOF YOUR CAREER

Much is now known about neuroscience and how it can be applied personally. However, little attention has been given to how it can be applied to our professional lives. This three-day workshop will show you how to tap into the power of neuroscience and the power of your subconscious mind to reach more of your career potential. This workshop which will be held over three consecutive Sundays: 6th, 13th and 20th October, 10am-4pm.

BULLET PROOF YOUR BUSINESS

When we decide to set up our own business, we know what we want to do at a professional/technical level.

Yet, we may not necessarily have the business skills to follow through. Unless we did a business degree, the business side of enterprise is often picked up through trial and error learning.

Bullet Proof Your Business is a series of workshops addressing the four pillars of business: Strategy, Finance, Marketing and Resourcing. The Strategy Pillar took place over three consecutive Sundays in March (3rd, 10th and 17th). It is next offered in August (4th, 18th and 25th). Levels II and III will be offered early to mid 2020. The Finance Pillar will take place over two consecutive Sundays in May (5th and 12th). The Marketing Pillar will take place over four consecutive Sundays in July (7th, 14th, 21st and 28th). Finally, the Resourcing Pillar will take place over three consecutive Sundays in September (1st, 8th and 15th). All *Bullet Proof Your Business* workshops are held between 10am and 4pm.

BULLET PROOF YOUR WEALTH

It does not matter whether we work for ourselves or for others, we may have a tendency to undersell and undervalue our contributions. At the end of the day, we may feel frustrated with how much (little) we earn, and especially so, in relation to our expenses. Behind our financial transactions may lie attitudes towards money itself. Those attitudes can hold us back or hold us down in ways we may not even realise.

Bullet Proof Your Wealth will address two topics: The psychology of money and the psychology of investing. Through psychology of money, you will learn about the kinds of attitudes people may hold towards money as well as how those attitudes may play out personally and professionally. You will also learn how to tweak those attitudes to get more of what you want financially. Through the psychology of investing, you will learn the characteristics that can enhance or detract from wealth creation (both in yourself and fellow investors). From there, you will learn what to do about it. The workshops will be held on 24th April 5.30-7.30 pm and 21st August 5.30-7.30 pm respectively.

OUR BLOGS

rachel-abramson-and-associates.com.au/bullet-proof-your-brain.htm
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