

Only 5 weeks 'til Christmas!

From Surviving to Thriving

Be prepared for year-end, and build your resilience, with MBTI®

"51 percent of European workers consider work-related stress common"

European Agency for Safety and Health at Work (EU-OSHA)

"The Christmas period is the most stressful holiday of the year"

Travelodge UK Survey, 2013

How can you turn these busy weeks ahead into a more peaceful and joyful experience for yourself and the people around you?

Come find out with **Sparx Factory** in this highly practical, half-day workshop designed to build your resilience, and help you to rise above the chaos to experience end-of-year calm.

Participants will:

- ✓ Complete a MBTI® personality questionnaire (in advance, online),
- ✓ Identify stress triggers unique to their MBTI Personality Type,
- ✓ Recognize stress triggers in their workplace and family interactions,
- ✓ Learn about their unique **energizers** and how to optimize them!
- ✓ Learn how to build and maintain resilience strategies, useful throughout the year.

The Myers Briggs Type Indicator (MBTI ®) is the most trusted and widely used personality assessment instrument in the world. It measures an individual's natural psychological preferences based on the psychological types described by Carl G. Jung.

Workshop details:

Date: 20 November, 2015

Time: 08:30 to 12:30

Venue: [transforma bxl](#)
avenue Jules Bordet, 13
B-1140 Evere

Holiday Gift price: € 125 per person

Sign me up! Info@SparxFactory.com

Included with this Workshop:

- * Personalized MBTI Stress Profile
- * Optional one-on-one de-briefing of MBTI results (scheduled separately)
- * Breakfast, and refreshments during the morning.
- * A stress-free start to the weekend ahead !

Need more info? Please contact Tamara.Sanne@SparxFactory.com +32.477.423.660