

## *Resilience 2.0: BOUNCE Forwards*

### **One Day Workshop**

If you need a strategy to help you not only bounce back but bounce forward, then the Resilience 2.0 workshop will inspire you and help you gain your life back.

*Success is how high you bounce when you hit rock bottom!*

### **OBJECTIVES**

When problems come we need resilience to help us get through. Yet sometimes major crises are inevitable and when we are at the bottom we need strategies to help us bounce forward. If we focus on bouncing back, we aim at going back to the same spot that got us in the crisis in the first place. This is why we teach that bouncing forward accesses our creativity, innovation and thought leadership and thus moves us to a position that focuses on what we can become. This highly interactive and hands-on workshop will challenge, inspire and transform your thoughts towards crises and problems and help you get your bounce back by bouncing forward.

### **OVERVIEW**

This course is designed for anyone who wants to bounce out of their issues and problems and begin to create a life on purpose. You will learn:

- The five Principles to the BOUNCE Theory
- Ignite a passion that was once lost
- Discover the power of your journey
- Create a forward thinking culture in your life

Through a series of high-energy exercises, and a personal journey of discovery, participants will develop their bounce.

### **PRESENTER**

Sam Cawthorn is a global thought leader and expert in BOUNCE. Featured in USA Today and the New York Times, he is the 2009 YOUNG AUSTRALIAN OF THE YEAR for Tasmania. In Oct 2006 he was involved in a major vehicle accident and died. Thankfully resuscitated, he was left with an amputated arm and a permanently disabled leg. Formally a youth futurist for the Federal

Government, he now travels around the world speaking about his book 'The Bounce Theory' and sharing his story. Sam shares the highs and lows of his journey so far, and will introduce you to a process that helped him get his life back - and achieve success he would have only dreamed of before.

## SCHEDULE

<b>9:00am</b>	<b>INTRODUCTIONS &amp; WELCOME</b>
<b>9.30am</b>	<b>THE FIVE BOUNCE PRINCIPLES</b> <ol style="list-style-type: none"> <li>1. Crisis Moments Create Opportunity</li> <li>2. Focus on the Cause not the Symptom</li> <li>3. Holding Hands in Traffic</li> <li>4. Bounce Forward not Back</li> <li>5. Different Problem Different Thinking</li> </ol>
<b>11:00am</b>	<i>Morning break (20Minutes) discussions</i>
<b>11.20am</b>	<b>THE BOUNCE CYCLE</b> Crises – Be real about the problem Downturn – Decision making time BOUNCE – Turning point Opportunities – Creativity/Innovation & Thought Leadership Bounce Forward – Profits/Benefits/Significance
<b>1:00pm</b>	<i>Lunch (45 minutes) discussions</i>
<b>1:45pm</b>	<b>WHAT IS YOUR BOUNCE-ABILITY?</b> Discover the power of journey and learn how to ignite strong resilience to crises and problems. Learn how to harness frustrations and issues and develop an attitude of gratitude through forward thinking.
<b>3:30pm</b>	<i>Afternoon break (20 Minutes) discussions</i>
<b>3:50pm</b>	<b>PRACTICAL INTERACTIVE IMPLEMENTATION</b> Learning through doing: Everyone will be involved in demonstrating learned outcomes and show how they have found their bounce. Be prepared to be stretched, inspired and empowered as you hear how you and others unpack your bounce.
<b>4:45pm</b>	<b>Close/Feedback</b>
<b>5:00pm</b>	<b>Finish</b>

## TESTIMONIALS

*'Extraordinary... If you've met Sam it's a unique experience'*

**Kevin Rudd (Ex) Prime Minister of Australia**

*Your speech was thoroughly inspiring and crafted with just the right amount of humour, drama and showmanship. Once again, thanks for your magnificent effort.*

**President - International Federation for Professional Speakers**

*Your story should be one that inspires everyone and was it delivered with wonderful enthusiasm, humour and humility. Our clients appreciated having an opportunity to hear from a "non-financial" speaker who can offer a different perspective on life and what is important.*

**CEO - Shadforths Financial Group**

*"Sam has a unique ability to be entertaining, professional and informative – all in the same presentation. Being part of the training at one of his recent presentations, I observed a dynamic, motivating and effective speaker who was able to capture the audience within the first minute of his presentation. Sam connected with the audience at an emotional level and made a lasting impression!"*

**HR Manager - Fairfax Media**

*Sam is a highly engaging speaker with an incredibly important message. "Sam is Sam; you just wind him up and let him go. His enthusiasm, his energy and his sense of humour are infectious. Just being around him is an uplifting experience and always leaves you feeling a bit better about your world."*

**New Programs Director - Department of Education**

*You were truly amazing, you made me laugh but you also made me cry. you have so much courage and the way you can get up and talk about your accident like you did today was awesome. Thank you so very much , and from the bottom of my heart you truly did make a huge impact on my life and the way I see the future. You were an absolute gift*

**Conference Delegate**

*Sam Cawthorn is an amazing communicator-he communicates powerfully both verbally and nonverbally, through his sparkling wit and gems of experiential wisdom as well as by just dismantling his right arm and cracking a joke with it. Just listening to him shifts our paradigm of understanding of the limits of human hope, endurance and ability and has a transforming effect on our psyche and character beyond what words can experience. His is the power of a purpose-driven life.*

## **Inspector General of Police - India**

*Sam was absolutely incredible. Inspirational. Motivational. And every other positive description in the English language!!!*

## **Media Manager - ING**

*“Sam’s honest yet entertaining approach has inspired our workforce. He has encouraged them to really think about how their reaction to a situation, not the situation itself, will truly define them and their ability to lead happy and fruitful lives. Sam has given us much to think about, reflect on, and to celebrate what matters: life”*

## **Business Executive Officer - National Foods**

*Aurora Energy was impressed with your presentation at our annual apprentice workshop. Our aim was to deliver to our apprentices and trainees a meaningful message and something to think about moving forward. You delivered far beyond our expectations and all feedback from our apprentices and trainees was very positive. We would highly recommend your services to others.*

## **Recruitment Officer - Aurora Energy**

*‘WOW what an amazing story! Sam was very inspiring and also very engaging, had people laughing but also his story is very moving and makes people look at their own life in a very different light and take every moment as a new challenge!*

## **Events Manager -Commonwealth Bank**

## Enrolment Form - Resilience 2.0

**ABN 34073999185**

Send this form to Acorn: Fax (02) 6217 7001 or e-mail to [courses@acorntraining.com.au](mailto:courses@acorntraining.com.au)

**Venue:** Acorn Training Centre: 74 Townshend St Phillip ACT 2606

**Course date:**

**Time:** 9.00 a.m. to 4.45 p.m.

Attendee	Email Address	Date of Workshop
1.		
2.		
3.		
4.		
5.		
6.		
<b>Organisation</b>		
<b>Branch/Division</b>		
<b>Address</b>		
<b>Phone #</b>		
<b>Fax #</b>		

### Payment Details

Total price \$685 x \_\_\_\_\_ attendees = \$\_\_\_\_\_ \$635 early bird price (early bird applies up to three weeks before the date of the workshop).

#### **1. Credit Card** (Amex, Diners, Visa, MasterCard)

Name \_\_\_\_\_ Card No \_\_\_\_\_

Expiry date \_\_\_\_\_

#### **2. Invoice**

Signed off by \_\_\_\_\_ Name \_\_\_\_\_

Email invoice to: \_\_\_\_\_

**Terms:** Payment is due on or before the day of the course. Cancellation is accepted more than seven days prior to the course date otherwise another person may be substituted. You have purchased a place on the date shown above; changing your booking to a later day incurs an administrative fee. We suggest you send a substitute if you can't come at the last minute.