

SORENSEN CONSULTING

MINDSET & MENTAL RESILIENCE

An interactive session crafted to give participants the tools to embrace a new mindset and to build mental flexibility.



OBJECTIVES

As we face increasing stress levels and challenges in our daily life it is important to take the time to learn how to maximize our natural abilities and talents in order perform at a high level both professionally and personally.

In a safe learning environment, participants will gain important tools to increase their cognitive awareness and resilience. Participants will leave this session more self-aware and with skills to be more satisfied and productive in all aspects of life.

OUTCOMES

- Gain an increased understanding of how the brain processes information & stress
- Learn how to shape the brain's response to experiences in order thrive personally & professionally
- Learn strategies for navigating adversity & difficult situations

ABOUT BEN

Dr. Ben Sorensen provides leadership training, sales training, and executive coaching to corporate and non-profit organizations globally. Ben has established a track record which demonstrates his high level of dedication to community and a passion for helping others.

Ben, a small business owner, currently serves in the U.S. Navy Reserves as a Lieutenant Commander, is a Pastor and is a Former City of Fort Lauderdale Commissioner.

He has served on the Board of Directors of the Leadership Broward Foundation and is a former member of the Broward County Human Rights Board and a former Guardian Ad Litem First Responder. Ben is a founding member of Mission United in Broward County, FL and is a former teacher.

