

SORENSEN CONSULTING



MINDSET & MENTAL RESILIENCE

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



Dr. Ben Sorensen
Founder & CEO

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 to 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 to 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.