

# navigate

work | life | well-being



We all have to deal with adversity. Learn skills to deal with it effectively, feel better during it, and come out stronger.

mindquip™

## Benefits

The 3-hour Navigate workshop equips individuals with evidence-based skills to deal with adversity well. It helps them handle pressure better while feeling less stressed. It's good for them, and it's good for their organisations too.

### Benefits to individuals include:

- Increased resilience
- Greater hope
- Lower stress
- Reduced anxiety
- Greater psychological flexibility
- Fewer negative emotions
- Greater confidence

### Benefits to organisations include:

- Greater staff resilience
- Less burnout
- Better work performance
- Positive work behaviours
- Better under pressure

Go to [www.mindquip.co.nz](http://www.mindquip.co.nz) to register for the next Navigate course, or contact us about running it for your organisation.

[enquiries@mindquip.co.nz](mailto:enquiries@mindquip.co.nz)

When it comes to resilience, expertise matters. With so many ideas out there, it's important to know what's supported by research, while also having a comprehensive view of what influences well-being and resilience. You can attend the course knowing it's designed and instructed by a recognised expert in the field.

## About the Instructor

### Reuben Rusk, PhD



Teaching people to improve their lives and well-being is Reuben's passion. That's why he founded Mindquip. His mission is to communicate helpful, scientifically sound insights in a pragmatic, no-nonsense, and accessible way. Coming from a previous career as a professional engineer, he can understand and explain how well-being works in ways that make sense using down-to-earth language.

Reuben is an internationally experienced presenter and recognised expert in well-being. He earned his PhD in the field at the University of Melbourne. He has published in the *Journal of Positive Psychology*, the *Psychology of Well-Being*, and the *Journal of Happiness Studies*. He is also a reviewer for the *Journal of Positive Psychology*. Reuben's research has been presented at conferences in New Zealand, Australia, and the US. He has lectured on well-being at the University of Melbourne. He has worked with Queens College in Australia to develop and instruct an 8-week course in well-being. Findings from his research have been applied internationally. He has also worked with educational institutions including Hamilton and Alexandra College and Avonmore Tertiary Institute.

He is an Honorary Fellow of the Centre for Positive Psychology at the University of Melbourne and has been a member of the New Zealand Association of Positive Psychology since 2009. He also works with psychologists in the field of positive psychology within New Zealand.



Work better.

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