



Restoration Industry  
Association Inc.

We would like to invite you to join us at:

# RIA AUSTRALASIA VIRTUAL WORKSHOP

## Stress and Resilience: NAVIGATING THROUGH DIFFICULT TIMES

Learn from professional: **DR. Melissa Marot**  
**Consultant Organisational Psychologist and Neuropsychologist**



Workshop: Right now we are all navigating change and uncertainty. While we can't avoid it, we can learn to navigate this through better understanding of stress and resilience, and how to apply it in our everyday lives. Through this virtual workshop and facilitated discussion, Dr Melissa Marot will explore practical tools with you to help navigate change and uncertainty in our current circumstances.

Schedule: **Tuesday, 14th September at 8am and Tuesday, 21st at 7pm**  
Duration: **90 minutes session (facilitated discussion)**

To register please email **Megan** at [admin@restorationindustry.org.au](mailto:admin@restorationindustry.org.au)  
or call: **0410 327 482**  
[www.restorationindustry.org.au](http://www.restorationindustry.org.au)