

The Oxford Business Breakfast

Wednesday 15th February 2017

De Vere Oxford Thames - Oxford



Topic: Resilience in Business

Speaker: Celynn Erasmus, International Speaker & Author, Resilient Energy Center

To compete in today's ever changing, busy and complex market, it is essential for leaders and teams to become more resilient, collaborative and creative. This month's speaker, Celynn Erasmus, will be discussing the FAB Quotient framework and how it can help individuals and teams harness the emergence effect of the three essential dimensions of resilience. These together drive purposeful performance, productivity and innovation:

Fuel – Unlock energy + vitality

Activate – Reduce stress + be brain fit

Behave – Be authentic + collaborate more powerfully

07:30 – 09:30

De Vere Oxford Thames, Henley Road, Sandford on Thames, Oxford, OX4 4GX

Members: £20 + VAT

Non-Member Guests: £30 + VAT



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