

Build Unshakable Resilience with Arudia

Five-Week Group Coaching Opportunity

Thursdays, Starting April 24, 2025

6 - 7:30 PM EDT

What is resilience?

Our ability to adapt in the face of adversity and recover from setbacks is vital in an increasingly challenging climate. **Resilience** determines how we tackle and overcome these new challenges, and it can be built upon.

Unsustainable **stress levels** and **burnout** have become increasingly common in the workplace, and our ability to adapt to change and rebound from setbacks is determined by our level of **resilience**. While we all have a degree of inbuilt **resilience**, we can develop this further by learning from our failures, enabling us to be better prepared for any challenges that may lie ahead.

How does the program work?

This powerful 5-week experience includes:



Your personalized ResilienceBuilder® Assessment (\$300 value)



TWO private 30-minute coaching sessions with Professional Certified Coaches (\$510 value)



FIVE dynamic weekly Group Coaching sessions packed with actionable strategies in a supportive network of like-minded professionals



LIFETIME access to resilience-building tools and resources



Limited Time 50% Discount
Join us for \$750!

What results can I expect?

Enhanced mental focus, clearer purpose, improved physical stamina, heightened emotional intelligence, and stronger support systems—everything you need for peak performance in your career and life.

Ready to join us?

Scan here:



For more information

Contact us at info@arudia.com or 202.449.9751.