



consulting • coaching • training • facilitation



april 2012

ACT human & business development



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hr summit 2012

learning about - surviving
and thriving

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ACT human mission

To excel in delivering results-focused consulting, coaching, training and facilitation services that recognize, leverage and optimize potential in individuals, teams and organizations, while simultaneously fostering inspirational, wise leadership.

ACT human vision

To make the world a better place - interaction by interaction, solution by solution - by helping individuals, teams and organizations become more successful, sustainable and resilient.

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welcome!

Hello!

We have 2 pieces of news to share with you:

We would like to invite you to come visit us at the upcoming HR Summit on 9 & 10 May 2012, where we have lined up some nice treats for you at the ACT Human booth.

If you are interested in getting a few tips on how to increase your organization's resilience levels by leveraging on your existing HR development initiatives, we invite you to check out the latest published article by Paula which appears in the January issue of HR Magazine.

Please read more below! We look forward to catching up with you at the HR Summit!

As always, we would love to hear from you - comments, suggestions, questions are super welcomed!

Best regards,
Paula Marcondes & The ACT Human Team

www.acthuman.com

hr summit 2012

The HR Summit 2012 in Singapore is coming up and we are going to be part of it!



The summit will take place on 9 - 10 May 2012 at the Marina Bay Sands, Level 5, Sands Grand Ballroom.

Here's what awaits you at the **ACT human** booth number 60:

- **COACHING CAFE** - get a taste of a real coaching conversation with our accredited coaches, and understand first-hand why those can be so powerful and how they differ from counseling, training and mentoring. Sessions are by appointment so watch your inbox for your personal invitation!
- **FREE CONSULTATION SESSIONS** - have a chat with one of our consultants to discuss your existing development needs and hear

this newsletter

We aim to send an issue out every three months, or when there is something interesting or important to share with you.

If you do not want to be included on the email list, please click on 'unsubscribe' at the bottom of the email.

Of course you can forward this email to your friends - thank you!

And, please, rest assured that we will NOT give away your email address to anyone else!

ideas, insights as well as inspiring take-away solutions.

- LUCKY DRAW - leave your business card with us and stand to win a 1-hour coaching session with the coach of your choice, a TMS profiling, or an ACT Human Resilience Power Hour session for your organization.

Or just simply drop by for a delicious cup of coffee with the ACT human team or learn more about our colorful set of offerings in the areas of coaching and skills, team, leadership and resilience development!

Put these dates in your diary and make a date with us ! We would love to see you there.

[Click here](#) for more information on the HR Summit 2012!

learning about surviving and thriving

Paula's Article "Surviving and Thriving" Is Featured In "HumanResources" Jan 2012 issue

The dictionary definition of "resilience" says it has its root in the Latin word *resilire*, which is to jump back or recoil. It can be defined as the ability to return to the original form, or position after being bent, compressed or stretched.

Companies need to build a strong defence to keep employees in peak condition be a lot smarter by providing healthy working environments to help employees maintain good health.

[Click here](#) to read the article.

