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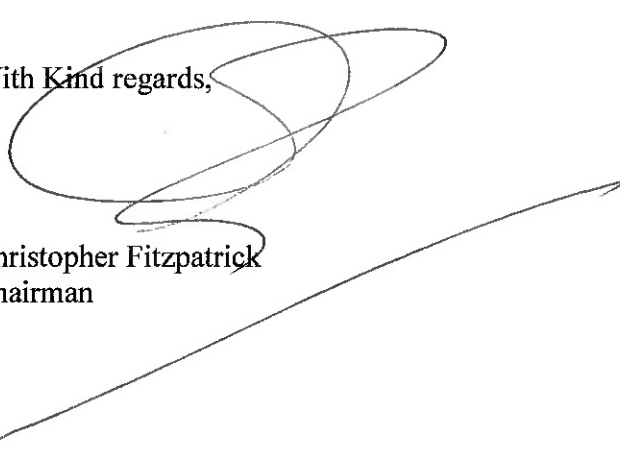
MANAGING STRESS AND BUILDING RESILIENCE

Dr Jono Andrews was kind enough to co-present recently for the Inns of Court Barristers and the wider Bar on Managing Stress and building resilience.

His paper: “The Key to resilience is closer than you think” – highlighting the importance of resourceful mentorship and connection, drew 190 registrants and has attracted wide commendation for its’ thoughtful utility.

We are most grateful to Jono for his generous support in providing this important resource.

With Kind regards,



Christopher Fitzpatrick
Chairman