

Talk for new students at Raymont Residential College 21st February 2019
2 hour talk titled “How to Become Resilient at University”

Jono’s seminars on mental health are gold. He is a master of building rapport with an audience and providing insights into resilience, effective relationships and mental fortitude that are solidly supported by decades of peer reviewed evidence. Jono is a must for any group, school or team wanting to develop positive mental health strategies

Richard Niessl
Principal Raymont Residential College