

gali**bar**hava.com



# Moving from Resilience to Vitality;

reversing downward spirals

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DR. GALI/BARHAVA



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DR. GALIA BARHAVA

**Galia's mission is to help individuals and organisations strive for, and achieve vitality.**

Psychologist by training, Galia's professional experience includes consulting, senior executive and governance roles, executive coaching and founding a social change organisation. She is passionate about mindfully using the best available evidence to drive positive change in society at large.

Galia intimately understands the challenge of living a life full of vitality and wellbeing in today's world. Against the odds, she was successfully treated with a combination of chemotherapy and a human-centered approach for a rare, and potentially lethal autoimmune disease. This life-changing experience has led her to complete an award winning PhD on the experiences of people treated in human-centered therapies for chronic conditions.

Galia's thinking is shaped by her personal and professional experiences. Her professional offering is focused on the key components she views as necessary to achieve vitality across all of life's dimensions.

This series of introductory talks and workshops, brings together her extensive experience in solving complex problems for individuals and organisations, her expertise in designing and facilitating impactful workshops, and her ability to crisply articulate the 'so what' from contemporary scientific research. Each is a stand-alone offering to allow organisations to choose what is most relevant to them.

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Get your team to focus on key components viewed as necessary to achieve vitality across all of life's dimensions.

# Moving from Resilience to Vitality; reversing downward spirals into upward virtuous ones

The phase of change we are experiencing is becoming ever more relentless, and this comes with a price; increasing numbers of people who are experiencing mild to severe mental health issues across all walks of life. Despite a growing awareness and openness to discussing these issues, many don't actually know where to start. We blink, and the stress/anxiety/mild depression we, or those close to us experience, seem to take over.

In this introductory talk, Dr Galia Barhava-Monteith un-picks the concept

of downward spirals, how they happen, how to recognise them, and most importantly, what to do when you find yourself, or someone close to you experiencing one. The talk is focused on simplifying evidence based strategies to enable people to take action, and early. Drawing on contemporary wellbeing research and her own PhD research into the human-centered approach of treating chronic illness, Galia uses stories and practical examples to simplify what can be a complex and confusing time for many people.

## Details

**Two half-day workshops spaced up to 3 weeks apart** (the first one can be done as a stand-alone).

### T 5.01

#### **Understanding spirals in depth.**

*For up to 12 participants.*

This highly interactive workshop builds and expands on the introductory talk. Drawing on her 20 years experience of facilitating workshops, this workshop is focused on exploring and experiencing in a human-centered way, the most effective strategies for creating virtuous spirals in participants' lives. Participants will agree on, and commit to, practicing what they have experienced. [Click for more info / bookings](#)

### W 5.02

#### **Enhancing self-insight to future proof your mental and physical health.**

This second highly interactive workshop is designed to explore in-depth participants' experience of implementing the strategies they committed to. The purpose of this workshop is to enable participants to harness their learning so that they can authentically incorporate them into their personal, and professional practice. [Click for more info / bookings](#)