

Disaster Recovery and Resilience

Neuroplasticity Builds Resilience in Crisis: How to Turn Stress into Success

Friday 18 September 2026 | 9am - 12pm
Broadbeach Community Centre, Sunshine Boulevard

Join us for an inspiring and practical session with Dr Helena Popovic MBBS, an internationally recognised expert in brain health, resilience, and peak mental performance. This dynamic presentation is designed specifically for professionals involved in disaster recovery and high-stress environments.

In this transformative session, Dr Popovic will share cutting-edge insights from the field of neuroplasticity, showing us how to rewire our brains to thrive in the face of adversity. Discover how to build mental resilience, stay sharp, and maintain wellbeing during times of recovery and rebuilding.

Through high-energy, interactive delivery, participants will walk away with powerful, science-backed strategies to:

- Strengthen resilience against overwhelm and burnout
- Sharpen thinking and boost creativity in challenging situations
- Improve memory, focus, and decision-making
- Expand capacity for learning and problem-solving
- Support long-term mental wellbeing and reduce the risk of cognitive decline

This is more than just a talk—it's a call to action for everyone working in, or affected by, crisis and disaster. Don't miss the opportunity to revitalise your greatest asset: your mind.

This will be a face-to-face workshop and morning tea will be provided.

Places are limited – register today to secure your spot.

RSVP

For more information or to register, visit the website -

<https://gcphn.org.au/events/disaster-recovery-and-resilience-neuroplasticity-builds-resilience-in-crisis-how-to-turn-stress-into-success/>



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