

Press release

8th July 2020

Dundalk Chamber host Webinar with World Class speaker Simon Hartley

In the second of its series of events on “In conversation with...” Dundalk Chamber hosted a very successful webinar with Simon Hartley, founder of “Be World Class”. Simon has spent the last 25 years working with world class performers and teams. After the session he told attendees “Resilience is such an important quality in business right now. A lot of people are experiencing tough challenges. How they respond to those challenges, and how they bounce back from the setbacks, will have a huge impact on their success”.

Simon shared some very simple, but powerful, approaches that he uses in his work coaching world class performers. He shared “The Resilience Cycle”, which helps both individuals and teams become more resilient and bounce back stronger. He also looked at how to use Character Staircases to build the characteristics we need in ourselves and our people”.

Speaking after the online event Simon commented “It was a real pleasure working with such a wonderful group of business leaders. The Dundalk Chamber of Commerce are providing valuable support for businesses during these tough times. I’m so pleased to have been involved”.

Simon also mentioned that if anyone wants access to free resources, he has a digital programme called “Mental Toughness in Five Days” available for free via his website <https://be-world-class.com/mental-toughness-in-five-days/>

Press release ends

**For further information on this press release please contact Paddy Malone
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