



LifeWorks
by Morneau Shepell

Welcome to LifeWorks



Resilience is the ability to cope with unexpected changes and challenges in your life by applying your inner strength and engaging support networks. It's not always possible to prevent stressful or adverse situations, but you can strengthen your capacity to deal with these challenges and that can give you the confidence to get through tough situations.

Australia - 1300 361 008
New Zealand - 0800 155 318

