

# Hugh van Cuylenburg

## *Founder and Presenter, The Resilience Project*

Hugh Van Cuylenburg has been working in the education sector for over 15 years, teaching both primary and secondary in a range of educational settings. The highlight of his teaching career was the year he spent in the far north of India volunteering and living at an underprivileged school in the Himalayas. It was here that he discovered resilience in its purest form.



Inspired by this experience Hugh returned to Melbourne and commenced working on his own program for schools. 'The Resilience Project' was born. Having completed his post graduate studies, looking at resilience and wellbeing, Hugh has developed and facilitated programs for over 900 schools Australia wide.

In 2015, the National Rugby League asked Hugh to run workshops at every club in the competition. Since then, he has worked with the Australian Cricket Team, the Australian Netball Team, the Australian Women's Soccer Team, The Jillaroos and 10 AFL teams. Beyond the team environment, Hugh has been lucky enough to work one on one with individuals such as Steve Smith, Dustin Martin and Billy Slater. He currently works closely with the Port Adelaide Football Club.

In addition to his work in schools and elite sport, Hugh has presented to over 500 corporate groups as a keynote speaker and developed comprehensive programs for a range workplaces across different sectors.

Hugh is a best selling author and co-host of the popular podcast, The Imperfects.

## **About The Resilience Project**

The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based mental health strategies to build resilience and happiness.

Through presentations, school curriculum, events, the TRP App, and Wellbeing Journals, we share the benefits of Gratitude, Empathy and Mindfulness, and easy ways to practise these in everyday life. We also incorporate Emotional Literacy, Connection and Physical Health education and activities as they are foundational contributors to positive mental health.

### **What Hugh Talks About**

A corporate session will be tailored specifically for your workplace and is a great addition to a staff conference or team building day.

In order to provide staff with a tangible reference following on from our presentations, we have a 21 Day Journal available enabling your staff to work on our practical strategies for three weeks after we leave. There is also a 6 Month Journal available as a further extension of the 21 Day Journal. These can be purchased online here or directly via email once your booking is confirmed.

- Managing Stress and Anxiety
- Applying Our Core Strategies in the Work Environment
- Achieving Work/Life Balance

### **Testimonials**

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“ The most inspiring work PD I have ever been to.

- *James Williamson, Shell*

“ In one and a half hours you have changed my life forever.

- *Chris, VIC Roads*

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[VIDEO OF SPEAKER](#) 