

# THEATRE ROYAL

## THE RESILIENCE PROJECT



Hugh van Cuylenburg, founder of The Resilience Project, has partnered with elite sports teams, 1000+ schools and 500+ workplaces - teaching simple and practical mental health strategies. He's also a best-selling author and co-host of popular podcast, the imperfects.

Join Hugh as he walks you through his journey and tells stories of the incredible people who have inspired him and The Resilience Project to spread happiness. Hugh will unpack the research on mental health and break it down into simple tips that will leave you feeling empowered to improve your wellbeing.

Adults, parents, professionals, teenagers; this talk is for you. Well, really, it's for anyone who wants to share a laugh and pick up some wellbeing tips along the way.



Mon 4 Apr 2022 07:00 pm



Theatre Royal



### TICKETS

Premium / A Reserve  
B Reserve / C Reserve

#### Gallery

Premium / A Reserve  
B Reserve / C Reserve

All Tickets \$50

*\*all bookings will incur a \$5 Transaction Fee*

# THEATRE ROYAL

**BOOK NOW**

**theatreroyal.com.au**  
**(03) 6146 3300**

1800 650 277 outside Hobart

Find us on social media:



Box Office open Monday to Friday 9am - 5pm  
29 Campbell Street, Hobart, TAS 7000



## DURATION

2 hours (no interval)

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