

## **Building Personal Resilience during the COVID-19 Crisis**

For many of us, the times we are currently experiencing will be the most difficult we've ever known. Many of us are confined to our homes, having to juggle work, family relationships and [home schooling](#) in conditions that are far from ideal. And others of us continue to show up in workplaces to keep up with the demands of COVID-19.

During this interactive, 90 minute session, we'll pause and talk about what it takes to be UNBREAKABLE – how we can maintain balance and bounce forward rather than fall back. You'll complete a quick *Personal Resilience Self-Assessment* and leave with increased self-awareness about your own approach to getting through tough times.

### **Topics:**

- What is resilience?
- How resilient are you?
- Practical tips to build your own personal resilience
- How to boost resilience within your team and organization

### **Facilitator:**

Gerard Murphy, Barefoot Facilitation Inc.

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