

Boosting Personal Resilience

For many of us, the times we are currently experiencing will be the most difficult we've ever known. Many of us are having to juggle work and family pressures, while continuing to provide programs and service for families.

Resilience is a critical skill for reducing and managing stress and responding to emotional challenges, including traumatic life events. To be able to bounce forward from today's challenges requires us to refine strategies to bolster our resilience.

During this interactive workshop, 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.

During this session, you will:

- Debrief your experience living and working through the COVID-19 pandemic
- Discuss a definition of resilience
- Assess your own personal resilience
- Describe practical tips to build your own personal resilience
- Explore how to boost resilience within your team and workplace
- Apply new strategies for bouncing forward, not back

Facilitator:

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