

Building Resilience: Staying Strong in Difficult Times

*“We are all faced with a series of great opportunities
brilliantly disguised as impossible situations.”*

— Chuck Swindoll

Never before in the history of our country has being resilient been any more important than it is today. In a climate that is increasingly laced with fears of the COVID-19 pandemic and uncertainty about the future, staying strong in difficult times matters most. We need individuals and teams of people who have the courage to hang tough and find the opportunities to grow together both face-to-face and in a virtual environment. This training will equip participants with tools to help their team members thrive in difficult times.

The following learning objectives will be covered:

- 1. Learn to reframe your personal perspective**
- 2. Focus on what you can control**
- 3. Understand how your thoughts create your reality**
- 4. Understand how what you say intensifies the situation**
- 5. Identify key factors for taking care of yourself during difficult times**
- 6. Describe sources of influence that impact your thinking**