



Building Resilience (Getting Stronger For the Challenges of Work and Life)

In this one - hour workshop employees ask themselves the question: How do I stay mentally tough and physically hardy when work and life become more challenging?

Based on the material developed by Dr. Mark Tager, M.D. of ChangeWell, Inc, this workshop is the companion workshop to Dr. Tager's other workshop, Leadership In Times of Stress and Change, and is directed to employees rather than leadership.

Participants will be able to:

Understand how stress, change, and resilience affect well-being and performance

Recognize the importance of attitude, and how control, challenge, and commitment relate to health

Learn techniques to better handle uncertainty

Identify how your unique personality determines what stresses you and what you should do to become more resilient

Realize how your energy affects others at work and at home

Create a personal action plan to improve your stamina and endurance.

In this workshop the participants will complete an assessment to determine their unique energy style, and how this style relates to staying mentally tough and physically hardy during challenging times. It is full of experiential exercises to enhance the learning of the material and its applicability to their own workplace experiences.