

Heart-Centered Programs

Empower - Energize - Enhance

Putting **Heart** back into your life

Resiliency

Overview/Description

Life is full of unexpected challenges; work, health, accidents, relationships, etc. Our ability to ‘bounce-back’ is an important skill that we can all learn. During this workshop we’ll cover the traits we can develop and coping strategies to help us get through tough times.

Ideal Audience

Anyone that wants to learn how to be more resilient during difficult times and increase emotional well-being.

Expected Duration

1 hour, 2 hour, or Half-Day Session

Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Recognize Emotional Triggers
- Review Positive Consequences of Perceived Negative Situations
- Develop Resilient Traits & Characteristics
- Simple strategies to De-stress & Relax
- Ways to maintain strong connections
- Tips to promote Emotional Well-Being

“It’s not stress that kills us, it is our reaction to it.”
- Hans Selye

“Much of the stress that people feel doesn’t come from having too much to do. It comes from not finishing what they’ve started.”
- David Allen

Ellen Contente, M.A., RScP

**Certified Trainer, Licensed Practitioner
Work/Life Balance Coach**

<http://www.heartcenteredprograms.com>
818-983-1853
ellen@heartcenteredprograms.com