



The Brilliance of Resilience

Strategies to Transform Stress & Promote Resilience in Adults

Presenter: Constant Hine, M.A.



Workshop Description:

Brief: (78 words)

This session will provide participants with a variety of practical self-care and social-emotional prevention and intervention strategies to strengthen and expand adaptive resiliency skills to better deal with stress and the uncertainty of change. These include self-management strategies and habits in the four domains of our lives: physical, mental, emotional and spiritual. Learn practical strategies to reframe disempowering attitudes to transform stress, deal with change, avoid burnout, and to have positive professional interactions with colleagues, clients and community members.

Detailed: (278 words)

The need to provide high quality services to our clientele, internal staff and leadership teams is directly connected to our ability to make personal and professional choices that can reduce the negative impacts of stress in our lives and work environments. Current stressful circumstances contribute to stress and burnout, while for many professionals their individual capacity to respond is challenged, often at a very low point, leaving many professionals experiencing a lot of stress and burnout. These demands, coupled with challenging circumstances in the world, also require strategies to support those we work with.

This session will provide participants with a variety of practical self-care and social-emotional prevention and intervention strategies to strengthen and expand adaptive resiliency skills in themselves and support others to better deal with stress and the uncertainty of change. These include self-management strategies and habits in the four domains of our lives: physical, mental, emotional and spiritual as well as strategies to reframe disempowering attitudes to transform stress and deal with change.

We will explore common causes of stress that make us less effective, less compassionate and impatient in the workplace with clients, staff, colleagues and in our personal lives with our own families and friends. Expanding our capacity to be resilient, mindful about our personal social-emotional well-being, and to behave calmly requires reflective professional practices. Learn to sustain habits for managing your behaviors and attitudes even in the face of challenging circumstance, which is paramount for our professional and personal success.



Learner Objectives

In this session participants will:

- learn four principles and strategies for each to deal with stress, overwhelm and anxiety.
- learn ways to become proactive rather than reactive to meet challenging demands.
- examine the connection between their own resiliency and effectiveness in working with clients, colleagues, staff, and interacting with people in general.

Virtual or Onsite Presentations

Virtual

- Access to Zoom
- Handouts will be emailed.

Onsite

Equipment Needed

- LCD projector/screen
- Speakers
- flip chart/easel
- extension cord & power strip