Resiliency Group Learning Program

Program Description:

Resiliency is defined as “The process of good coping and adaptation in the face of challenge, trauma or significant source of stress”, (APA). Learn how to minimize your internal stress response to challenging events. Join this four week class to discover, practice and implement key coping tactics to build resiliency in your own life. Now is a good time to embrace and enjoy the rest of your life. Format: 1.5 hours a week for four consecutive weeks.

This group learning program is designed for individuals with similar goals that participate together and learn from each other as they build connections throughout the program.

Program content:

- **Day 1:** Resiliency – Facts and Stats
- **Day 2:** Taming and Reframing the Mind
- **Day 3:** Soothing and Refueling When You Are on Empty and How to Prevent Empty
- **Day 4:** Strategies to Continue to Build Resiliency in Your Own Life

Program Schedule:

- **Spring Session:** Thursday’s, March 15, 22, 29 and April 5, 3:00pm – 4:30pm, Newcomb Hall, Kaleidoscope Room

- **Fall Session:** To be determined.

Facilitator: Anna DeLong

Program Contact:

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