



Understanding Resilience



April

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ONLINE SEMINAR

When we are resilient, we are able to adjust quickly to new conditions, change our personal direction if required, and incorporate every life event more smoothly into our lives. Resilience involves being aware of our feelings and accepting them, which is one of many things.

This session will help participants understand what being resilient entails. They will delve deeper into the first step towards resilience, which is understanding and acknowledging one's feelings.

Your Employee Assistance Program is available to help you with, 24/7.