



# Resiliency Zone Training

**No Charge! Register Today!**

Register <https://butte.augusoft.net>

Email [Thetrainingplace@butte.edu](mailto:Thetrainingplace@butte.edu)

Link to Zoom webinar training is sent upon registration

## Community Resiliency Model

The goal of these trainings is to introduce the CRM Community Resiliency Model and help create “resiliency-focused” spirit in the workplace. You will gain common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach while at work or at home. The “Resiliency Zone” may get bumped out of its natural rhythm and the capacity to handle even daily life events may be difficult. Build your core six wellness skills with the Butte College Training Place Team to feel like your “best self!”

As a result of these trainings:

- Gain an understanding of how humans respond to stressful experiences.
- Learn the six CRM wellness skills designed to help you track your own nervous system responses in order to bring the body, mind and spirit back into greater balance.
- Leave the training empowered with simple, yet powerful techniques to gain a greater sense of control and ability to overcome adverse situations.

*"You'll never change your life until you change something you do daily.*

*The secret of your success is found in your daily routine.” John C. Maxwell*

**- Interactive Zoom Sessions are 9:00–11:00 am -**

### Series III

Resiliency Zone Awareness Oct. 1

Instructor Margaret Schmidt - Flex # 511.1

Self-Care Oct. 8

Instructor Joc Clark - Flex # 511.2

Empathy Oct. 13

Instructor Margaret Schmidt - Flex # 511.3

Stress Mastery Oct. 21

Instructor Scott Winter - Flex # 511.4



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