RESILIENCY ZONE

Skills Training

***No charge to participants.**

THRIVE
NVCF HEALING INITIATIVE

COME JOIN US!

The goal of this 4-part training series is to introduce the Community Resiliency Model (CRM) 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.

WHAT TO EXPECT:

- 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, 9:00-11:00 am

	Dates:	
Flex # 510.1	**10/13**	**CRM Resiliency Zone Awareness**, Presented by Emiliano Cornejo
Flex # 510.2	**10/20**	**Empathy**, Presented by Margaret Schmidt
Flex # 510.3	**10/28**	**Self Care**, Presented by Joc Clark
Flex # 510.4	**11/3**	**Stress Mastery**, Presented by Scott Winter
Flex # 510.5	**10/27**	**CRM Resiliency Zone Awareness**, Presented by Emiliano Cornejo
Flex # 510.6	**11/3**	**Empathy**, Presented by Margaret Schmidt
Flex # 510.7	**11/9**	**Self Care**,Presented by Joc Clark
Flex # 510.8	**11/15**	**Stress Mastery**, Presented by Scott Winter

REGISTER TODAY!

https://buttethetrainingplace.coursestorm.com

*Zoom link will be sent prior to training.

Email: thetrainingplace@butte.edu

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