

Resilience Starts with a Purpose



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Everyday people invest their care, time, and energy into the roles they hold within work, but these roles are just one piece of who they are.

What might it look like to go beyond the workplace? This evidence-based class will reconnect, refocus, and recharge individuals to live a more meaningful life.

Resiliency

In this 1-hour webinar we will:

- Define resilience and its connection to personal wellbeing
- Understand individual values
- Rate how important each area of life is and how well each area is being lived out
- Create a personal mission statement that inspires and defines an individual

We look forward to having you join us.



Webinar Details

Date: Tues, June 22, 2021

Time: 11:00 AM

Webinar Link:

link6.22Resiliency.UnivCA

Phone-In Option

Call: 1 (408) 418-9388

Access code: 133 280 0869

For the best audio experience we recommend using the call-in feature rather than listening through your computer.