



Make Wednesdays Your... **RESILIENCE DAY!**



Sign up for ALL 6 sessions to broaden and enrich your life by becoming more resilient and ready to take on life's challenges!

These hour-long classes are designed to build strong minds and improve resiliency. Resilience can be learned!

Mental Games and Real Time Resilience

Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

Jan 9

Character Strengths

Identify character strengths in yourself to recognize and be the **BEST you** that you can possibly be!

Jan 23

Challenges and Leadership

Use character strengths in yourself to overcome challenges, increase team effectiveness and strengthen your leadership.

Feb 6

Assertive Communication

Communicate clearly and with respect. Learn how to communicate in a confident, clear and controlled manner.

Feb 20

Active Constructive Responding

Respond effectively with others to build strong relationships and use effective praise to build mastery and winning streaks!

Mar 6

Master Resiliency Review

Wrap up the Resilience program by reviewing the skills and reflect on your learning by being able to identify the major themes of MRT.

Mar 20

All classes will be at **1000-1100** in **Bldg. 318**, on **SHAPE.**

Pre-registration is required by the Monday before each class. Call ACS at DSN **423-5324** or CIV **065/445324** to register or scan the barcode.

