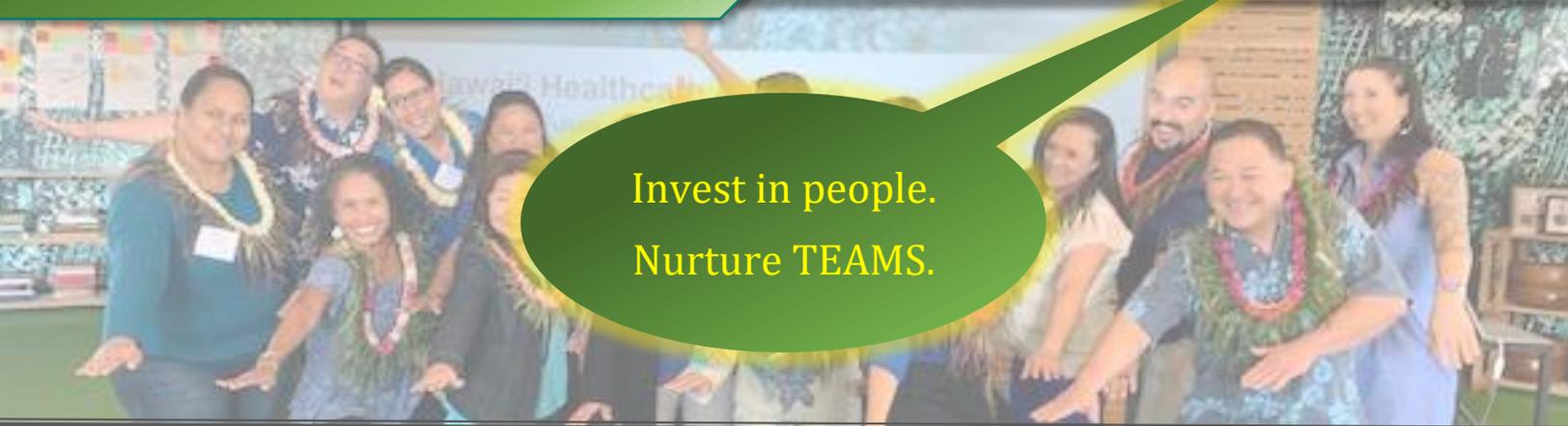


The global pandemic led to:

- Quick pivots
- Remote working
- Fiscal and health concerns
- Ever-changing circumstances
- Pressing community needs
- Burnout and fatigue

*Everyone **SPRINTED** hard
from the start...in what's
turned out to be
a **MARATHON**.*

*How do we **SUSTAIN**?*



**Invest in people.
Nurture TEAMS.**



Thriving in Change and Challenge: Cultivating Resilience

What is it?

- ◇ An online series designed for those working during and beyond the pandemic.
- ◇ Nine (9) one-hour sessions over 2-3 months for up to 20 participants.
- ◇ Professional development to support individuals and teams dealing with adaptive challenges that, by definition, do not have known solutions.
- ◇ An opportunity for participants to learn skills and gain tools for increased calm, focus, and energy.
- ◇ A safe way to experience technology as a means to connect, build, and support a team.

.Second session is 90 minutes.

Thriving in Change and Challenge: Cultivating Resilience

Participants will:

- ◇ Gain greater insight and skill on how they can effectively contribute to a team.
- ◇ Understand how to create calm conditions to better focus on the tasks at hand.
- ◇ Reflect on their personal well-being and the health of their teams and organizations.
- ◇ Experience an engaging online platform that promotes learning and provides opportunities to meaningfully connect with others.



Sessions cover:

- ◇ How each individual can become more self-aware of their strengths and well-being.
- ◇ Science-based practices that promote well-being for the participants and their teams.
- ◇ Two mindsets that individuals and teams need in order to be resilient.
- ◇ Understanding about how we can interact with others effectively.
- ◇ Themes: strengths, self-reflection, well-being, the power of purpose, mindfulness, gratitude, adaptability, asking-giving-receiving, and fixing-helping-serving.

Please contact **One Shared Future** to learn about how to host this series, tailored offerings, and pricing info: 808-451-2652 and info@onesharedfuture.com.

One Shared Future is rooted in the belief that if we invest in our workforce, build on people's strengths, and nurture collaboration, we will collectively provide better services, build stronger partnerships, and nourish thriving communities.