

Thriving in Change and Challenge: Cultivating Resilience

Invest in people. Nurture teams.

- Individual and workplace resilience
- Self-care and collective care
- Strengthened teams
- Employee retention

The Series

- Five (5) 90-minute online sessions over 2-3 months
- A safe, accessible way to support individuals and teams
- A professional development opportunity for participants to:
 - Learn skills and tools for overall well-being using strengths
 - Increase understanding for dealing with adaptive challenges, which do not have known solutions

Sessions include:

- Science-based frameworks that promote individual and collective well-being
- Strategies that address and cultivate resilience
- Designed experiences that lead participants to use their natural strengths to promote both individual and collective care

Participant learning

- Understand how personal well-being connects to the collective care of their teams and organizations
- Increase insight and skills to address change and cultivate resilience
- Build their “toolkit” to facilitate focused, higher energy, and the use of strengths to address challenges
- Identify how to use practical tools in the workplace and life

Please contact OSF to learn about how to host this series and other tailored offerings, options, and pricing: info@onesharedfuture.com and 808-451-2652.

