

Employee Assistance Program

Your resource for help with daily challenges and difficult situations

Growing Your Personal and Professional Resilience

EAP Training Event

Thursday,
May 2, 2024

2:00 - 3:00 p.m.

Training Description

No one is immune from loss, trauma or significant stressors. We typically can't control when these things happen. However, we can control how we respond, adapt and grow from challenges and adversity. In this training, participants will explore what it means to be resilient and why it is so important. They will privately explore and identify their personal or professional challenges and stressors. Finally, they will review resilience characteristics, learn how to grow them to adapt to and overcome challenges and leave having started their own Personal Resilience Plan.

Learning Objectives

- Learn the definition of resilience and why it is so important
- Review characteristics of resilient people
- Understand ways to build resilience
- Develop your own personal resilience plan



On the day of the event, scan the QR code to access the live webinar.

Access Information

Advanced registration is not required. On the day of the event, use the following link to view and listen to the live webinar: magellanhealth.adobeconnect.com/r36ztkd7nz82/

If you want to access the audio only, call (816) 293-9963 and enter 9498679#

The training will be recorded and available on the website approximately two to three weeks after the live event.

To view past trainings, go to eap.calhr.ca.gov. In the Explore Services section, click on the Trainings and Webinars tile to access the training recording, PDF of the slide show presentation and handouts (if any).

Please Note

- These trainings are intended for State of California employees.
- Before planning to attend, obtain supervisor approval.
- Please contact eap@calhr.ca.gov for any reasonable accommodation requests. We kindly ask for at least two weeks' notice before the event to review the request.

