

## Overview and Program Description

The ability to withstand the impact of stressful events and bounce back from adversity is crucial for personal and professional wellbeing. The field of neuroscience has uncovered profound insights for understanding the physical and emotional effects of stress. These scientific discoveries have led to proven strategies for building resilience, equipping us to better handle with life's unexpected occurrences, from daily stressors to more serious traumatic events.

Grounded in a well-established, research-based model plus resources from UC Berkley's "The Science of Happiness" and Yale University's "The Science of Well-being" courses, this interactive and insightful program provides participants practical tools to apply in their daily life and work. As the program builds, participants embrace the need to integrate these practices into their daily routine, learn what it means to be more mindful, and create new habits to help them sustain a more resilient way of life.



### EXPECTED OUTCOMES

Participants will...

Understand how stress impacts our life.

...

Realize that they can become more resilient and respond differently to challenging life events.

...

Establish a practice and ability to regularly recover, adapt, and grow in response to stress.

...

Integrate new behaviors and mindsets into their daily



### FORMAT

This is a three-session webinar series in which each session builds upon the prior. The informative and interactive 45-minute live learning webinars are conducted via remote conferencing service (Zoom or client-hosted platform).

Supporting job aids and resources will be provided to add structure to the process.

Contact us to discuss the best way to customize this offering to support your organization.

## BUILDING RESILIENCE CURRICULUM

# 1

### PART ONE: RESILIENCE BASICS

- Define resilience and build awareness of its importance
- Unpack the Emotional Resilience model
- Practice exposure to, recovery from, and mindset creation required for new resilience habits
- Create an action plan for immediate application

# 2

### PART TWO: APPLYING RESILIENCE

- Build upon the Emotional Resilience model
- Complete a resilience audit
- Learn to set boundaries
- Build a gratitude practice

# 3

### PART THREE: RESILIENCE AS A LIFE-LONG HABIT

- Define your purpose
- Explore your wellness wheel
- Tap into what brings you joy
- Update and apply your action plan

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