Resiliency Workshops Links
Set # A

1. What is Resiliency & Why Does It Matter?

This is a brief overview of resiliency. The video includes information to assist you in learning more about your own resiliency as well as some practical activities for increasing your level of resiliency.

http://www.kaltura.com/tiny/md8wg

2. Body/Mind/Emotions: The Connection for Success

In this video we examine the importance connection between our physical, psychological, and cognitive functioning. The complex role that stress has in our lives is particularly important. Practical activities are provided for enhancing your level of resiliency.

http://www.kaltura.com/tiny/jpaz4

3. Working from a Strength Model

From this video you will gain a greater understanding of your core strengths and how to use them to improve your daily life.

http://www.kaltura.com/tiny/u7l3z

4. What’s on Your Brain?

Thought patterns, thinking errors, and assumptions affect the choices you make…but can they change?? In this video we will discuss the impact that our self-talk has on our lives and how your abilities to change these systems make you more resilient.

http://www.kaltura.com/tiny/q1khf