



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>



Resiliency Workshops Links Set # B

1. Getting Things Done!

Analyzing priorities, goal setting, and realistically examining motivation are all key components of resilience. This workshop will identify tips that will help you stay on top of your game.

<http://www.kaltura.com/tiny/keog3>

2. The Art of Paying Forward

Three of the most powerful words in resilience are gratitude, optimism, and kindness. Focusing on the positive things in our lives and sharing our gifts with others, strengthens everyone.

<http://www.kaltura.com/tiny/wht9o>

3. Mindfulness: The Art of Awareness

Mindfulness is more than a stress reliever. This workshop will enlarge your perception of the world around you and provide you with tools to grow as a person.

<http://www.kaltura.com/tiny/mz07k>

4. How to Say Things So People Will Listen

One of the greatest skills you can master is interpersonal communication. In this workshop we will examine the easy changes that can be made to increase your understanding of the message communicated by others and have them hear your true message.

<http://www.kaltura.com/tiny/mls9d>



Resiliency Workshops Links Set # C

9. Everyday Wisdom: Avoiding Your Personnel Land Minds

This Resiliency Workshop focuses on identifying and avoiding common thinking errors. Stinkin Thinkin can over shadow interpretations of the world around us. This workshop provides strategies for identifying and overcoming Stinkin Thinkin.

<http://www.kaltura.com/tiny/2i0sd>

10. Making Decisions That Matter

Strong decision making can be sabotaged by logic errors. Examples of common errors in logic are examined, as are strategies for improving your decision-making processes.

<http://www.kaltura.com/tiny/05vm0>