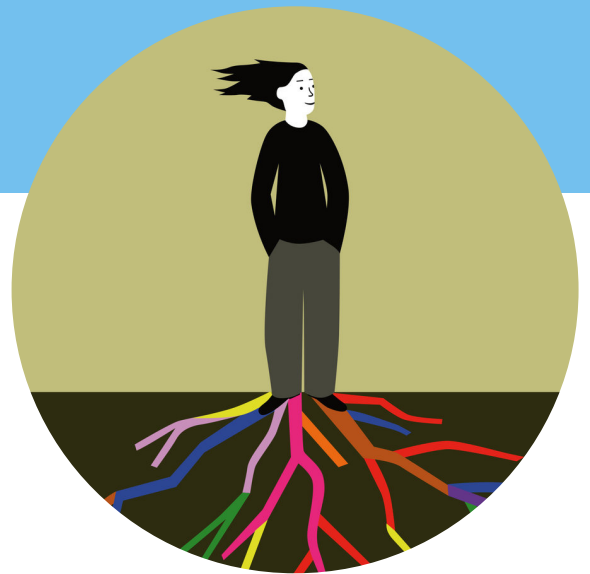


happy people win  
presents:  
resilient people thrive



**FACT. Resilience is a Top Skill Needed in Today's Workplace.**

And there has never been a more appropriate or more necessary time than **NOW** to focus on our resilience.

Unfortunately, it is normal for us to seek routine and often focus more on negativity than positivity. The good news is, we change that norm and build our resilience so we can handle change, high-pressure situations, and stress in a healthier way. In this program, Jean challenges you to forget what you've learned about "bouncing back" from hardship, and instead bounce forward.

Resilience will enable a positive approach to work, better problem-solving skills, and maintain your motivation in life so that you, and those around you, can **thrive**.

**Jean Steel, M.S.**

**4-MONTH VIRTUAL PROGRAM PRICE: \$150 each month**  
(per business for every 10 employees)

**What's Included:**

- Lunch & Learn webinar sessions on the 2nd and 4th Tuesdays of March-June
- Access to eight 50-minute sessions from 12:10 - 1:00 p.m. PT
- Four topics (repeated once each month)

Please note: Space is limited and sessions will *not* be recorded.

**DATES & TOPICS**

**March 9 & 23:** Intro to resilience. Factors: dealing with change & gratitude.

**April 13 & 27:** Resilience factors: self-compassion & mindfulness. Distorted thinking patterns.

**May 11 & 25:** Resilience factors: Optimism, grit & giving back.

**June 8 & 22:** Resilience factors: Challenging assumptions. Stress hardy personality. Creating an action plan.

To register, contact **Jenny Molinar** at  
[jenny@happyypeoplewin.com](mailto:jenny@happyypeoplewin.com) or call **805.305.0279**.