happypeoplewin resilientpeoplethrive

presents:

RESILIENT PEOPLE THRIVE!

Jean Steel, M.S.

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.

Resilience Factors discussed:
- Intro to resilience; dealing with change and gratitude
- Self-compassion and mindfulness; distorted thinking patterns
- Optimism, grit, and giving back
- Challenging assumptions; stress hardy personality; creating an action plan

ALL-DAY SESSION PRICE: $239 per person

*Session includes: lunch, all-day snacks, a book by Jean on the corresponding topic, and handouts

DATE & LOCATION

Friday, Aug. 27 from 9 a.m. - 4 p.m.
Farm Bureau, 4875 Morbita Place, San Luis Obispo 93401

Please note: This is an in-person session and space is limited.

"Jean's energy, positive attitude and uplifting message were exactly what our team needed! With all of the challenges we faced, Jean's message about being resilient and finding the good really resonated with us. I highly recommend Jean!"
- Renee Delport, Senior Director CA Logistics at G3 Enterprises

"Her stories and experiences that she shares are powerfully uplifting. She truly sees the good in everyone and everything. Jean has the ability to make people feel good about themselves. She is truly an amazing woman with a huge heart."
- Chayla Kloog; DDD Case Manager for the State of Arizona

To register, visit **happypeoplewin.com/events** or contact **Jenny Molinar** at **jenny@happypeoplewin.com** | **805.305.0279**.