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Presented by the

Non-Profit Staff Development Coalition Project (NPSDC) – [www.learningconnections.org/coalition/](http://www.learningconnections.org/coalition/)

## MANAGING STRESS

### *Building Your Natural Resilience*

Wednesday | June 24, 2009 | 9:00am – 4:00pm

MEZZA CAFE Conference/Meeting Room, 3rd Floor | Starbucks Corporate Building  
2401 Utah Ave. S., Suite 301 | Seattle WA 98134

Resilience is the key to facing life's opportunities. The primary focus of this workshop is to assist participants with their ability to create an environment that promotes resilience.

In this experiential workshop participants will identify personal, professional and environmental stressors, explore the essential elements of resilience, and expand the repertoire of practical tools and resources participants can use to sustain and enhance their resilience to stress, as well as assist others (colleagues and staff).

#### Participant Outcomes:

##### Participants will:

- Understand common causes of stress
- Identify stressors and their causes
- Understand the essential elements and importance of resiliency as a antidote to stress
- Practice strategies to effectively sustain resilience and inhibit or reduce stress
- Identify strategies they can use to assist others in being resilient

*(This workshop has been designed for all levels of staff).*

**TRAINERS:** **Dr. GLORIA J. BURGESS**  
**VERA A. MCEWEN**

#### WORKSHOP FEE

##### Coalition Member Organization

\$90 per participant [for 1-5 staff from member organization]  
\$80 per participant [6 or more staff from member organization]

##### Non-Member Organization

\$120 per participant

**Lunch will be on your own.**

#### Continuing Education Units/Clock Hours

Participants can register for Highline Community College **Continuing Education Units (CEUs)**.  
The cost is \$10.00 per course. CEU forms are available at the workshop.

**Free Clock Hours available at the workshop.**

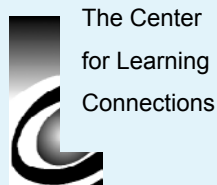
**REGISTER ONLINE TODAY !!** *(space is limited)*

To register online, go to: <http://www.learningconnections.org/coalition/workshops/2009/jun24/>

#### Contact

For more information about this workshop, contact **Anna McCain (206) 870-5908** or E-mail: [amccain@highline.edu](mailto:amccain@highline.edu)

A project of



The Center  
for Learning  
Connections