

# MIIA EAP Professional Development Training



**Date:**

Tuesday, August 10, 2021

**Time:**

2:00pm

**Presenter:**

Lisa Maloney, MHC

**To Register, click on below link:**

<https://attendee.gotowebinar.com/register/1659254719959264012>

## Got Grit: Enhancing your Personal Resilience

Resilience is our ability to handle setbacks and problems. While some people marshal through when faced with upheavals such as financial strain, natural disasters, or loss of a loved one, others are overwhelmed and shut down by these stressors. Although some people may be born with resiliency, it can also be learned and developed through practice. By developing personal resilience, one can cope, problem solve, and achieve goals. This seminar will discuss: the resilient mindset, behavioral strategies to build resilience, how employees can flex and build their GRIT and what employers can do to foster employee resilience.

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