

The Employee Assistance Program Presents: **The Resilient Employee**

This series is designed to provide Employees with the skills and traits that contribute to mental stamina—the internal values that contribute to working well.

Audience: This training is for DA Civilian Employees.

Attendees for these training sessions will have an opportunity to better understand:

1. How to identify character strengths in self and others.
2. How to deal with difficult personal circumstances and develop resilience.
3. How to adapt a positive outlook toward the workplace.



Please RSVP to

Ramon Maisonet, ASAP • Email: ramon.m.maisonet.civ@mail.mil • Ph: 270-798-5253

Dates

Thursday, 14-April-16, 1400-1600

Bouncing Back: How to Recover When Life Knocks You Down

Thursday, 30-June-16, 1330-1530

The Hunger Games: Surviving at Work

Friday, 8-July-16, 0830-1530

“Living Beyond Your Feelings” Workshop

Thursday, 25-August-16, 1330-1530

Change Your Thoughts: Change Your World



Additional Information

-The location of each training event will be revealed when students RSVP to the above POC.

-The above listed training sessions are subject to change without prior notice, if necessary, to maintain curriculum relevance for attending students, regulation and installation policy compliance or instructor availability.

Space is limited, so reserve your space today.