

# HOW TO BOUNCE BACK FROM ADVERSITY:

## STRATEGIES FOR MANAGING STRESS IN THE WORKPLACE



Experiencing difficulties with work place stress? You are not alone. Working in a constantly connected, always on, high demanding job creates stress and increases the risk of burnout. This class will teach you steps to take to adapt and bounce back when things do not go as planned. You will learn what resiliency is and the skills you need to develop it, so that you can reduce stress, improve performance, and enhance health.

Instructed by Randi McDowall, LCSW, Supervisor of the LAMP program

Date	Time	Location
Wednesday, April 11	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Thursday, May 17	12p - 12:45p	Transit, Conference Room <i>Transit/Transit Fleet Personnel Only</i> 2411 Tallevast Rd, Sarasota
Wednesday, June 28	5:30p - 6:15p	Employee Health Benefits 5213 4th Ave Circle E, Bradenton
Tuesday, July 17	12p - 12:45p	Admin, 4th Floor Osprey Room 1112 Manatee Ave W, Bradenton

**Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)**

(Select "Bounce Back from Adversity" in the dropdown menu or use the search bar)



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