

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

Wednesday, October 10 | 12 - 12:45pm
Public Works | Conference Room 2

Register at www.manateeyourchoice.com/register

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



For More Information Contact: Randi McDowall
941.748.4501 x6469 | rmcdowall@manateeyourchoice.com

MN091818