DEVELOPING RESILIENCY IN COUNSELORS

January 12, 13, and 14, 2021
1pm – 5pm EST | CEU’s 3.5 hours

Presented by:
Julie Radlauer-Doerfler, L.M.H.C.

Agenda

1:00-1:30 Opening Introduction Activity
1:30-1:45 Overview of the day and Resilience Video
1:45-2:00 Resiliency Inventory Assessment
2:00-2:10 Understanding Resiliency
2:10-2:20 What Does the Research Say?
2:20-2:30 Elements of Resilience
2:30-2:45 Break
2:45-3:00 PERMA™-Being Grateful
3:00-3:30 Protective Factors™ and Supports
3:30-4:00 Using Values to Build Resilience Activity
4:00-4:15 Break
4:15-4:45 Create a Personal Resilience Plan
4:45-5:00 Closing Video, Wrap-up and Evaluation