Exploring the Skills of Resiliency: How to Bounce Back from Chaos

Friday, February 28, 2020
8:30 am – 3:00 pm
Gadbois Hall, Saint Anselm College
Contact Hours: 5    Fee: $109

Faculty: Amy Guthrie, MS, RN
Saint Anselm College, Manchester, NH

This program will discuss the various factors associated with resiliency and how to utilize these skills to bounce back faster from adverse situations. Come and learn stress-hardy strategies, explore the muscles of the soul and how they relate to well-being, and experience a variety of self-care techniques.

Register Online