

Woe to WOW—Solutions for Resilience on the Job

An interactive and empowering **workshop** (1 to 3 hours)

Learn, “You’re stronger than you think.” *Resilience* is the ability to stay steady in the face of challenge or bounce back and effectively adapt to problems such as disturbing change, loss, crisis, and unfair treatment. In this upbeat and practical how-to session you will strengthen your stress hardiness and walk away with a strategy to better cope and succeed.

Participants will leave with three to five **Woe to WOW Resilient Strengthening Strategy Cards** from a deck of forty-two. These cards provide tips to implement effective change and are specifically designed to address every-day workplace challenges.

You and your group will:

- Take The Resilience Quiz
- Identify a problem or adversity you face at work and/or home
- Explore and assess options from the Woe to WOW Resilient Strengthening Strategy Cards
- Create a personal strategy that is the best fit for your situation

"This presentation is motivating and enlightening. I had 'ah-ha' moments."
Teri Smerychynski, Probation Officer, Government of Alberta

Tailored to Meet Your Needs

Programs can be adapted to support your event’s objectives. Ask for Customized Self Mastery and Workplace Resilience with modules enabling you to build a *good fit* workshop.

If you want your participants to have longer-lasting results ask about bulk discount rates for pre-purchased books for each participant.

Select **Woe to WOW** or another program by calling Patricia Morgan at 403-242-7796 or emailing patricia@solutionsforresilience.com

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