

Workshop objectives:

- Define and discuss resilience as a career strategy
- Identify five dimensions of self-care to promote resilience in your work
- Choose at least two strategies to enhance resilience and decrease stress
 - Incorporate resilience building into the workplace, including supervision

Registration Form

Name: _____

Address: _____

Phone #'s Work: _____ Cell _____

Email Address: _____

Payment (Circle One): Check Enclosed Credit Card Money Order

*A payment of \$65 must be received by June 5, 2017. On-site registration will be \$70 at the door.

Amount Paid: _____

Credit Card: Mastercard _____ VISA _____ Exp. Date: _____

Credit Card #: _____

Name as it appears on card: _____

If using credit card, please ensure name above is exactly as it is on the credit card.