

WEBINAR

Foster Resiliency: Making It Your Own

November 9, 2022 | 12:00pm CT

Resiliency is the ability to bounce back from life's difficult situations. Resiliency can be learned and practiced by individuals. This training will discuss the importance of resilience, the qualities of resilient people, and provide methods for developing personal resilience.

*Register here!



Incentive Points will be given only to those who log in on a computer. Send all questions and concerns regarding incentive points to:

employeewellness@harrishealth.org

Facilitated by **Michael McCafferty, MSW, PHR**

Michael is a skilled coach and consultant who partners with leaders, teams and individuals, motivating them to move from disengaged to engaged, and from problem to solution.

With a diverse background including experience in healthcare, human resources and construction, he has a long track record and personal commitment to helping organizations create the conditions for success.

Since receiving his Master's degree in Social Work from the University of Wisconsin - Milwaukee in 1997, Michael has provided consultation, training, counseling and EAP services to organizations of all sizes in varied industries.

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