

FREE SEMINAR

Resilience in the Time of Change

Are you often feeling that you may be struggling to maintain a sense of confidence in the midst of changes at work and home? Resilience is a key quality for dealing with the rapid pace of change in our lives and the never-ending stress that accompanies change. Resilience combines emotional strength with the skills of adapting in the face of trauma. The good news is that resilience is ordinary and can be developed, with practice, by anyone who desires it. This seminar will teach you how to recognize your resilience status by taking a “resiliency self-assessment” check.

Come and discover the following:

- Learn the definition of resilience
- Identify actions that will enhance resilience
- Learn how to be healthy and thrive during changing times

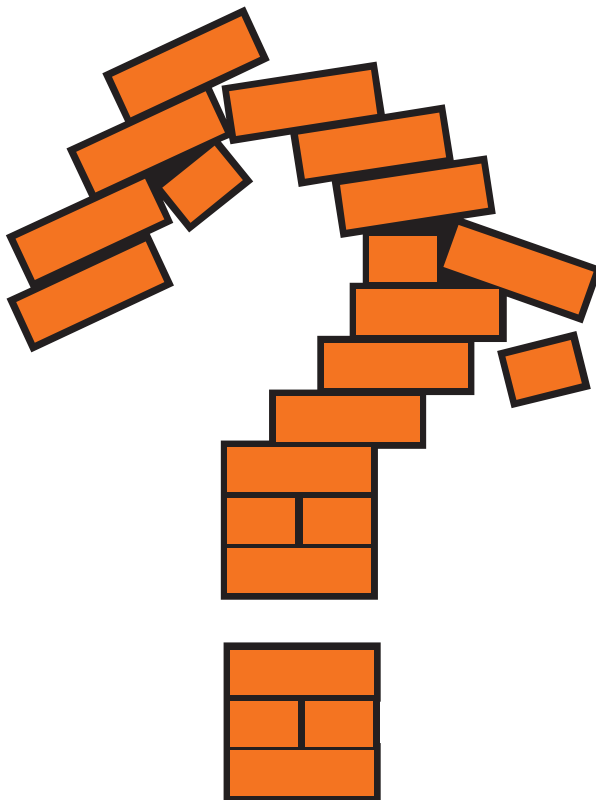
THERE ARE THREE EASY WAYS TO REGISTER

CALL 615.741.8643 or 1.866.576.0029

EMAIL employee.assistance@state.tn.us

ON-LINE www.tn.gov/finance/ins/eap/

The deadline to register is 2 days prior to the event



SEMINAR LOCATIONS AND DATES

- Martin** • **September 9** • **10:00–11:30**
University of TN at Martin
544 University St, University Center, Rm 111
- Jackson** • **September 10** • **10:00–11:30**
Health Care Facilities
781 B Airways Blvd, Conf Rm
- Memphis** • **September 11** • **10:00–11:30**
Dept of Human Services
3230 Jackson Ave, Conf Rm E
- Murfreesboro** • **September 11** • **10:00–11:30**
TN Tech Center at Murfreesboro
1303 Old Fort Pkwy, Conf Rm
- Columbia** • **September 12** • **10:00–11:30**
Maury County Health Dept
1909 Hampshire Pk, Conf Rm 017
- Johnson City** • **September 16** • **10:00–11:30**
ETSU, D.P. Culp Center
JL Seehorn Jr Dr, The Forum, 3rd Fl
- Nashville** • **September 16** • **10:00–11:30**
Citizens Plaza Bldg
400 Deaderick St, 2nd Fl Board Rm
- Chattanooga** • **September 18** • **10:00–11:30**
State Office Bldg
540 McCallie Ave, 1st Fl, Auditorium
- Cookeville** • **September 18** • **10:00–11:30**
TN Tech, Roaden University Center
1000 N Dixie Ave, Rm 370
- Knoxville** • **September 18** • **10:00–11:30**
Regional Health Office
1522 Cherokee Trail, Lg Conf Rm
- Nashville** • **September 23** • **10:00–11:30**
Metro Center, LWFD
220 French Landing Dr, TN Rm, 1st Fl - A



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