

# STAYING STRONG AND RESILIENT

Resiliency is the ability to withstand and quickly recover from difficulties—an essential trait for navigating both personal and professional challenges. How we respond to hardships is closely linked to our level of resilience, and in this empowering session, we will share effective strategies to stay strong and maintain a positive outlook. Participants will leave feeling empowered and equipped to face future challenges with reduced stress, armed with the tools to bounce back faster and stronger from setbacks. Join us to cultivate resilience and thrive in the face of adversity!



**Wednesday,  
May 13, 2026**  
1:30 - 2:30 p.m.


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