

# Creating Resilience: Dialogue & Practice

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Workshop for Faculty and Staff

*“The greatest glory in living lies not in never falling, but in rising every time we fall.”  
~ Nelson Mandela*

*Definition: Human resilience is the ability to positively adapt to, and/or rebound from adversity and the stress it creates.*

**Thursday  
June 26, 2014**

**1:00 – 3:00 pm**

**ITE Room 456**

Adversity can show up in multiple ways. An unexpected occurrence or ongoing stressful situations can lead to frustration, overwhelm, fatigue, and even illness. We may long for a future time where life will settle down and we will be able to catch up, renew ourselves, and reconnect with what matters most. In today’s fast-paced world, that time may never come and we find ourselves longing for a different and more peaceful life.

What can be done to break this cycle and create a more resilient response? It starts with taking a look at ourselves, our stories, and how these stories influence our experience. With an intentional change in our mindset and implementing some simple practices, we can begin to respond to the same situations with greater effectiveness, ease, and even joy.

Facilitators:

Terri Werner and  
Jill Weinknecht Wardell

UMBC Training and  
Organization Development

Join us in a resilience conversation where you will:

- Learn how to create a resilient mindset;
- Practice quick and powerful techniques such as centering and mindfulness meditation to help you shift your experience in the moment;
- Share strategies with each other; and
- Create an action plan for how you want to ‘show up’ under stress.

**Register on the web by June 18th at: [www.umbc.edu/training](http://www.umbc.edu/training)**

Spaces are limited and pre-registration is required.