



Resilience: A Must Have Skill for Your Workforce

Date:	Wednesday, October 11, 2017
Registration:	12:00 noon
Business Meeting:	12:15 p.m.
Program:	12:30-1:30 p.m.
Location:	Biltmore Park Hilton, Asheville, NC
Credits:	1 hour of general credit for SHRM and HRCI

Program Description:

In our always connected, highly demanding work cultures, stress is widespread. In fact, the World Health Organization describes stress as the “global health epidemic of the 21st century”. Since the pace and intensity of work cultures are not likely to change, it’s more important than ever to help employees navigate their work life.

How do you teach employees to thrive through this high pressured, fast paced and continually changing environment? Teach them the skill of resilience. Resilience is the acquired ability to thrive in a fast paced, continually changing environment. Although some people tend to be more resilient than others, the skill of resilience can be learned.

Program Objectives:

At the end of the program, participants will be able to:

- Define resilience
- Understand when it’s good to get out of your comfort zone and when it’s detrimental to performance
- Identify the four dimensions of resilience
- If ready, commit to one small action step to increase personal resilience
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About the Presenter:

Jen’s on a mission to help employers foster a healthy and focused workforce. She started her company, Redesigning Wellness, to address the full employee (mind, body and spirit) and challenge the common views of corporate wellness programs.

For the 13 years prior to starting her business, she led organizational health and wellness efforts and advised employers how to start them. Most recently, she worked at Blue Cross Blue Shield of NC for over 8 years leading a team of health promotion professionals. Prior to BCBSNC, she worked at Durham Regional Hospital and Duke University.

Jen hosts a weekly wellness podcast to help HR and wellness professionals motivate and inspire employees to improve their health.

Jen’s a Registered Dietitian by training and lives in Raleigh, NC with her husband, two kids and dog.

Prior speaking experience: I’ve been speaking for years for various audiences, including HR professionals. Most recently, I spoke at the Greenville and Gaston County SHRMs and was a Tedx speaker in October 2016.