

Building Resilience in the Workplace

Today, more than ever, employees need to thrive in the changing workplace. They're asked to do more with less, take on new responsibilities, and learn new skills. Not only that, but they need to deal with uncertainty and the on-going threat of layoffs.

How can employees become more resilient and cope with the stress of change? Resilient people have a more stress-resistant personality. They are self-reliant and cope well with on-going disruptive change and adapt to it quickly.

In this seminar, participants will be able to:

- Identify changes in the workplace
- Describe characteristics of resilient people
- Assess their resilience
- Utilize strategies to strengthen resilience
- Develop an action plan to build their resilience in the workplace

As a result of building resilience, employees will become more productive and effective, while experiencing less stress.

Format: Live interactive presentation via webinar (handouts included).

About the Presenter

Kathleen Barton, MBA, is a keynote speaker, workshop presenter, and career/life coach specializing in work-life issues, including life balance, career management, stress and time management. Key clients include American Business Women's Association, Hewlett-Packard Company, M&M/Mars, Nationwide Insurance, PepsiCo, PricewaterhouseCoopers, and Yahoo! Inc., among others.

Barton has over 20 years experience in human resource management and development. She is the author of ***Connecting with Success, Finding Your Purpose and Passion in Life***, and ***Passport to Priorities: Your Roadmap to Balanced Living***. Her work has been featured in numerous publications, including Business Week, The Executive, and The Wall Street Journal Online.

"Excellent job! I would recommend to anyone in the workplace."

Sandra Silos, Administrative Specialist
Lawrence Livermore National Laboratory

Date: Friday, May 31, 2013

Time: 10:00 – 11:00 a.m. Pacific Time

Location: Your home or office (via webinar and bridge line)

Fee: Free of charge!

To Register: Send e-mail to Kathleen@YourLifeBalanceCoach.com and provide the following information:

- Name
- Title and Organization
- E-mail address
- Phone number

Deadline to Register: May 29th

Questions? Please send e-mail to Kathleen@YourLifeBalanceCoach.com.