



## **Taking Time To B.R.E.A.T.H.E. Strategies for Strengthening Personal and Professional Resilience**

Let's face it. Life is full of change and uncertainty and is pretty stressful right now for most of us. When students and staff experience chronic stress, it can negatively impact their motivation, performance, and well-being, which can then affect the morale and climate of the home, the classroom, the staff room, the organization, and the community. There couldn't be a more important time to focus on strengthening our well-being and resilience than right now.

Participants in this engaging workshop will walk away with simple research-based practices from the fields of Mindfulness, Positive Psychology, Emotional Intelligence, and Social Psychology, that they can utilize with themselves, their teams, and their students to reduce stress and anxiety, improve attention and performance, and strengthen overall physical and psychological well-being. This transformational learning session provides an easy framework to give staff the understanding, motivation, and practices needed to work on becoming better humans, better educators, better leaders and better organizations.

**B** = Build Belonging & Cultivate Connection  
**R** = Reflect on Purpose  
**E** = Engage in Self-Compassion  
**A** = Amplify Attention, Awareness, & Awe  
**T** = Tap Into Thankfulness And Appreciation  
**H** = Harness Your Thoughts  
**E** = Empower Empathy Everyday

## Objectives:

- Participants will have a deeper understanding of emotional contagion and why it is so important to be their best possible selves – for their students, their colleagues, their organizations and themselves.
- Participants will have a deeper understanding of the roles that belonging and social connection, a sense of purpose, self-compassion, mindfulness, gratitude and appreciation, the ability to harness our thoughts, and empathy play in our wellbeing and resilience as well as our engagement and performance at work.
- Participants will walk away with a number of research-based strategies and practices that they can replicate immediately in their personal and professional lives to boost wellbeing and resilience as well as engagement and performance.

## Process:

All Thriving YOUNiversity keynotes and workshops are built with the science of learning in mind. With that said, they start off with activities to build belonging and connection. Learning is facilitated through lecture, storytelling, videos, discussion, and activities, and is chunked with brain breaks as well as both individual and group processing reflections strategically designed to keep participants engaged, have them connect the learning to personal experience and prior knowledge, and to help make the learning stick.