

~ Theresa Sorensen & Shanel Mayo

Ahoy mates; this dynamic, and interactive webinar will empower you as the captain of your ship. Although we may have recently hit some rough circuit-breaking sea, we know that anchoring in our resilience will help us steady the course. As a fellow shipmate in these unchartered waters, you’ll gain the following:

 A navigational chart for checking and changing coordinates in these troubled waters.

 A list of ten factors of resilience.

 A way to locate and build upon your character strengths.

 A list of five anchors of resilience.

 Proven strategies to strengthen our anchors in resilience.

 A list of five traits of resilient sailors.

 A list of five positive indicators of post-traumatic growth.

 A copy of your Captain’s Log for anchoring in resilience.

**Guide for a Safe and Smooth Learning Experience**

Please log into Zoom at least 15 minutes early to check your audio and video. We’ll have 50 fellow passengers on board, and your audio will be muted during certain periods so we can navigate through all the learning. You’ll be able to share with fellow shipmates in two team breakout exercises during our journey. We’ll also have a little time for sharing before we dock.

Well mates, I’m looking forward to seeing you on board. Ships ahoy, captains!

**Date:**

**Time:**

**Zoom Link:**

**Anchor in Resilience – Captain’s Log**

**Resilience**

“*Life’s roughest storms prove*

*the strength of our anchors*.”

 ~ Anonymous

“*Anchor as though you intend*

*to stay for weeks, even if you*

*intend to leave in an hour*.”

 ~ Lee Allred

*Science is the captain, and*

*practice the soldiers.”*

 *~ Leonardo da Vinci*

 “*They that go down to the*

 *ships, that do business in*

 *great waters, they see the*

 *works of the Lord and his*

 *wonders in the deep.”*

 ~ Psalms 107: 23-24

“*The problem is not the problem. The problem is your attitude about the problem.” ~ Captain Jack Sparrow*