

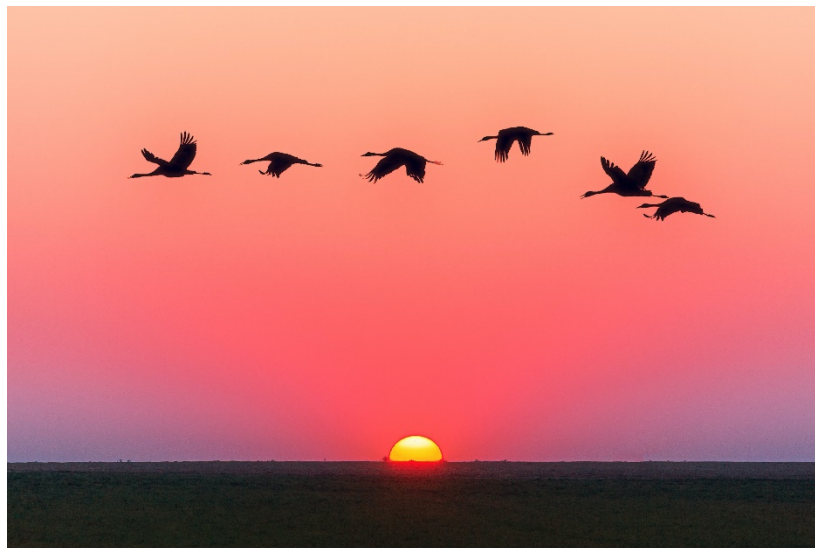
Greetings!

Thank you for joining our mini-workshop on Self-Care and Resilience!

This short workshop will be a summary of an online self-paced course filled with nuggets of skill and tools to strengthen practices of self-care. There is only one you! The world is richer and fuller with you in it, and it's critical to be intentional in creating a stable, whole, and optimistic you.

Topics we will cover quickly in the workshop and more fully in the online course:

- Self-Care creates Durable People, especially as hurdles arise
- Confidence and self-awareness are key
- Know your core values and what is flexible – and what is not
- Authenticity is vital to self-esteem and capabilities
- Manage toxic people and energy vampires
- Stay open to possibility – sparks ignite from tiny inklings
- Your potential is within you and opportunity is everywhere



See you on **Thursday, Jan 20, 2022 at 12pmET** for our workshop – each day is precious - live it to the fullest!

Linda Kreter