



FACULTY

WELL-BEING

SERIES

RESILIENCE AT WORK

How do you adapt during challenging times? Do you find yourself wondering what can I do to better prepare myself for difficult situations? In this seminar, EACC Counselor Dondra Goldsby, LMFT, CSAT, GRM, will review the APA's 10 strategies for building resilience, and participants will learn how to build a framework to increase and enhance resilience at work.

WHEN & WHERE:

**Tuesday, June 22
2 to 3 p.m., online**

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood City Schools and i3 Academy employees and members of their immediate household.

HOW TO JOIN:

Go to uab.edu/faculty/ctl#events at the time of the event to join the online session. *To request disability accommodations, email HRAWARE@uab.edu.*

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