



How to be a "Bounce Back" Person:

Strategies from the Resiliency Research... For Yourself, Your Family, and Those You Care About!

Presented by Nan Henderson, M.S.W.
President of Resiliency In Action



Nan Henderson, M.S.W., is an internationally recognized author, trainer, and consultant on fostering human resiliency in youth, adults, families, and organizations. Her publications on this subject are used in more than 25 countries and have been translated into Spanish and Russian. She is co-founder and President of Resiliency In Action, Inc., a training and publishing company in Southern California.

The growing body of resiliency research emerging from psychology in the past few decades offers suggestions and strategies as to how a person of any age can overcome life adversity. Come hear how you, or those you work with and/or care about, can be more resilient in the face of life's challenges. In this presentation by national resiliency expert Nan Henderson, you will learn to identify the personal and environmental factors that contribute to resiliency and how to strengthen those factors in practical and specific ways.

Thursday, December 3, 2009
UW-Parkside
Greenquist Hall Room 103
4:30 p.m.– 6:00 p.m.
Free

Continuing Education Units Available

