



Mindful Campuses
**Building
resilience
workshop**

How do you manage all of life's demands?

Any of us could be blindsided by an unexpected crisis or overwhelmed when too many stressors coincide. Building resilience is important to our quality of life.

This workshop will help you go from merely surviving what life throws at you to thriving.

Who should attend:

Date: _____ Start time: _____ End time: _____

Location: _____

To register: _____

We thank and acknowledge Workplace Strategies for Mental Health and Mindful Employer Canada. They support post-secondary institutions and their commitment to raise awareness of mental health and well-being among staff, students and faculty.