



Presented by
Ernie Mendes, PhD

Dr. Ernie Mendes is an organizational psychologist and a licensed marriage and family therapist. He has been providing training, coaching, and consulting for more than 30 years. He had a private counseling practice for 11 years counseling adolescents, adults, and couples. He has taught at the high school, college, and university levels. He currently consults to school districts, government agencies and corporations, providing trainings, keynotes, and executive coaching. Dr. Mendes is a top-rated Executive Trainer at UCSD's Rady School of Management. For more information visit erniemendes.com

Register at:

<https://www.surveymonkey.com/r/REG-EMendes-2022>

Questions? 530.598.3905

RESILIENT MINDSETS DURING TOUGH TIMES

The last couple of years have been ones of disruption and change affecting how we educate our children, manage our health, work from home, and socialize with friends and family. In the workplace, the virtual world opened up. In education, changes are always present, but now seem to be coming faster and faster, and in a variety of areas.

Today more than ever we need skills for resilience. We need the ability to bounce back from adversity, setbacks, and change. Depression and anxiety have significantly increased in children, adolescents, and adults since 2020. Managing changes in our environment is a critical life skill.

**JUNE
 15**

Virtual class, 2:45pm - 5:00pm

In this series of sessions, you'll learn:

- The Four Pillars of Resilience
- The Resiliency Equation
- The most important Social & Emotional competencies
- Simple practices to integrate into your routines
- How to manage anxiety and uncertainty
- The science behind supportive relationships
- How to share and use these ideas with your staff and youth
- How to create mental and emotional space for yourself and to use with those you lead and teach
- Connect with others and learn some fresh skills and ideas!
- Mental Focus Training
- How to Lead through Change