

Resilience Training for UW LEND



REAL Pro (Resilient Attitudes & Living) helps to strengthen skills for navigating stress and increasing your well-being.

Excellent program that was a gamechanger for me this year. The presenters are authentic, personable, and skilled at what they do... Mindfulness is for everyone.

- REALPro participant

You are invited to join a training to support resilience and well-being. Led by Shayla Collins and Becca Calhoun from The Center for Child & Family Well-Being (CCFW) at the UW. Shayla also serves as UW LEND Family Faculty. Our training sessions will include teaching, guided contemplative practices, and group discussions.

The goals of this online program are to create a supportive space for you to:

Practice and strengthen skills for resilience and self-compassion

Learn and share with one another skills for building a culture of compassion and resilience within your organizations

Reflect on strategies to enhance relationships with colleagues and families

Identify ways to support yourself as you provide support and care for others

Fridays, 9 - 10:30AM

via Zoom

Jan 20 - Feb 24, 2022 (6 weeks)

Email Becca with questions
calhounb@uw.edu

[Click Here
to Register](#)