

# Strengthening Your Resiliency

Resiliency is something you **DO**, *not* something you have or don't have. Becoming more resilient is a process, not a program or outcome. It's a muscle that gets stronger when you focus on it. You can strengthen your resiliency muscle by working to develop your unique combination of inborn abilities and focusing the daily choices you make.

This interactive 8-hour class is divided into two 4-hour sessions. In the first session, you learn specific tools to strengthen your innate resiliency muscle and then you have the opportunity to practice those tools daily for 3 weeks. When you return for the second class, you will continue to build on what was learned and practiced in the first session.



## Learning Objectives

- Discuss what makes some people more resilient than others.
- Reflect on your individual resiliency. When have you said, "I would never willingly go through anything like that again, but it was the one of best things that ever happened to me." What did you do and what did you learn from that?
- Learn the 12 qualities common in highly resilient individuals.
- Explore resiliency questions you can ask yourself when faced with a crisis or challenge, and determine which are your "trouble-making" questions.
- Assess your current resiliency strengths.
- Investigate the 5 levels of resiliency.
- Learn how to build upon your specific resiliency strengths.
- Participate in Resiliency Development activities.

---

## Anne Lightsey

Ms. Anne Lightsey has been training for almost 20 years. She specializes in communication skills, time and stress management, negotiation and conflict skills, and planning and delegating for success. Ms. Lightsey is a certified mediator, and has mediated hundreds of workplace, community, family, and commercial cases. She also specializes in training on how to prevent conflict, how to minimize it, and very specific skills to utilize when in difficult conversations or situations.



## Participants rave!

- "Really well-presented, pertinent information, great interactive format. Loved it! Great job, Anne!"
- "I really enjoyed the course and found it more valuable than I had anticipated."
- "I specifically liked the open discussion and the positive outcomes. The interactive exercises were very thought provoking."

## Training Dates

January 29, 2014 from 8:00 a.m. – 12:00 p.m.  
February 19, 2014 from 8:00 a.m. – 12:00 p.m.

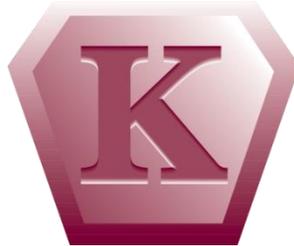
## Location

The BioScience Center  
5901 Indian School Road NE, Albuquerque, NM 87110

***Only \$200.00 per person!***  
***Space is limited to 20 participants.***

# Keystone

Keystone International, Inc. (Keystone) is a small Albuquerque-based, veteran-owned consulting business that specializes in the strategic utilization of unsurpassed talent in the areas of organizational development, project management and technical support services. For the past 12 years, Keystone has provided a wide range of organizational development and management services, including: customized training, coaching and mentoring, organizational assessments, recruitment and selection, training needs analysis, strategy development, process improvement plans, succession planning, problem solving sessions, and human resource consulting.



**\$200.00 per person**

**Continental Breakfast Served on Both Days**

**Space is limited to 20 participants**

## **Training Dates**

January 29, 2014 from 8:00 a.m. – 12:00 p.m.

February 19, 2014 from 8:00 a.m. – 12:00 p.m.

## **Location**

The BioScience Center

5901 Indian School Road NE, Albuquerque, NM 87110

<http://goo.gl/maps/Xlz24>

Name

---

Organization

---

Phone

---

Email

---

Name on Card

---

Card Number

---

Exp. Date

---

Send Registration Form To:

**Fax: (505)797-8882 or Email: [grace@keystoneinc.net](mailto:grace@keystoneinc.net)**

**Or Mail: 8224 D Louisiana Blvd. NE, Albuquerque, NM 87113**

**Next Open Enrollment Training: "Using Social Capital to Build Power and Influence"**

**Keystone International, Inc. (505) 797-8881 FAX (505) 797-8882**