

Building Resiliency

Registration Form

Registration Fee: \$45.00

Price includes CEU's

CEU's Requested: ____ Yes ____ No

Registration Deadline: August 3, 2009

Name: _____

Title: _____

Agency: _____

Address: _____

Phone: (____) _____

Special accommodations needed due to a disability: _____

Please make checks payable to:

Area Agency on Aging Region 9, Inc.
60788 Southgate Road
Byesville, Ohio 43723

Telephone inquiries to 1-800-932-7277
extension 4912 voice or fax 740-439-3592

Directions to Dutch Valley Restaurant

1343 Old Route 39, Sugarcreek, Ohio

From 77 North, take the Sugarcreek/Dover exit. Turn left on State Route 39. Follow this road approximately 6 1/2 to 7 miles until you come to Dutch Valley Road/County Road 46. You will then turn left. The Dutch Valley Restaurant will be on your left.

From 77 South, take the Sugarcreek/Dover Exit. Turn right on State Route 39. Follow the same directions as above

Continuing Education Units

The Area Agency on Aging Region 9, Inc. is an approved provider of Continuing Education Units by the Ohio Social Worker Board. This offering has been approved for 3 contact hours for Licensed Social Workers Provider # RSX029802. The Ohio Board of Nursing accepts events approved for Social Workers for Continuing Nurse Education.



**AREA AGENCY ON AGING
REGION 9, INC.**

PRESENTS

Building Resiliency



August 10, 2009

9:00—12:15.

(No lunch provided)

Registration Begins at 8:30 a.m.)

Area Agency on Aging - Region 9, Inc.
60788 Southgate Road, Byesville, OH 43723
Voice(800)945-4250 • Fax(740)439-3592
*Serving Ohio's Belmont, Carroll, Coshocton, Guernsey,
Harrison, Holmes, Jefferson, Muskingum, and Tuscarawas
counties for over 25 years*

Funded in part by the Ohio Department of Aging

Building Resiliency

August 10, 2009 9-12:15

- Location: Dutch Valley Restaurant
- Costs: \$50.00
- Price includes CEU's
- Registration Deadline: August 3, 2009

Learning Outcomes:

At the conclusion of this workshop participants will.....

- ◆ Explain characteristics of resiliency.
- ◆ Compare stress versus depressive symptoms
- ◆ Explore helpful thought patterns to increase resiliency.
- ◆ Practice healthy coping strategies to increase resiliency.

Description

Resiliency is the ability to respond and adapt to adversity. It is not something magical that only certain people possess, but a set of skills that can be learned. Highly resilient people are flexible thinkers, maintain low stress levels, consistently practice healthy coping strategies and recover more rapidly from setbacks. This program will explore examples ranging from personal challenges to national disasters and define and offer ways to turn tragedy into triumph.

About the Trainer

Susan Fee began her professional career in the performing dance since the age of five. While teaching ballet, she also performed and choreographed in the Seattle area. Susan's interest in the arts continues today, and her early training in creativity is evident in all her endeavors.

Susan graduated from Washington University with a degree in communications in 1987. She worked in radio and television, as a journalist, talk show host and D.J.

In 1994, Susan applied her knowledge of marketing, media and communications to create a popular seminar, Marketing Yourself to the Top. She was hired by a corporate training company and took her message on the road. Her clients included companies like Disney, United Airlines and Motorola. At the same time, she developed a thriving freelance writing business.

Today she is a licensed professional counselor, speaker, coach and author. She continues to explore new and diverse ways to use her talents and encourages her clients to do the same.