

InterHab presents

December 1, 2020 | 1:30 to 4:30

Building Resilience

The Dawn of the Mentally Strong Person

All of us want to live a healthier life both mentally and physically. We know eating well and staying in shape physically are important. But we also need to understand why it is just as essential to stay healthy mentally. First, we will discuss why individuals who are in helping professions are more susceptible to trauma, secondary trauma, and burnout. Then we will discuss resiliency and why we need it BEFORE something bad happens and what we can do to build it. You will gain a list of actionable solutions to make yourself and those around you more resilient and mentally strong.



Brenda Dietzman is a passionate speaker who provides evidence-based training solutions and inspiring presentations for both individual and organizational improvement. She is an IADLEST nationally certified trainer and has presented to national and international audiences for both private and public sector organizations.