

Sara Oliveri

Coaching & Consulting

Bouncing Back: How to Transform Setbacks into Growth

Tuesday, April 9th 6:30 - 8:30 p.m.

To Register copy this link: <http://bit.ly/1060tmU>

What enables a person to grow after a difficult life event?

Why, in the face of setbacks, do some people crumble while others become stronger?

How can YOU turn your setbacks into growth and fulfillment?

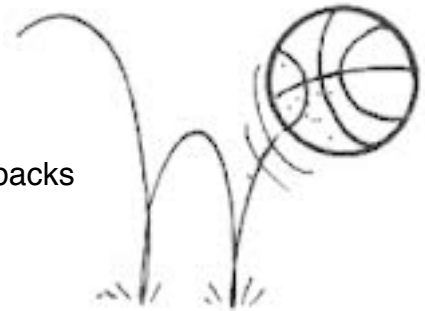
To achieve growth in the face of setbacks our lives *must* contain specific emotional and social conditions! And we must use one essential psychological tool for explaining the “bad” things that happen to us. Come learn the secrets!

You will leave the workshop with:

- An original Resilience Workbook
- A clear understanding of the conditions that enable growth
- The most effective psychological tool to make sense of setbacks

Learning Objectives:

- Understand the life conditions that promote growth
- Learn how we must make sense of setbacks in order to bounce back
- Cultivate the conditions for growth in our own lives
- Explain our negative life events in a way that is meaningful and fulfilling
- Begin reaping the benefits of emotional growth!
- Enjoy decreased stress, and increased happiness



Workshop Cost: \$40

*** Individuals who attended Resilience Workshop 1 will receive \$10 off, email sara@saraoliveri.com for a special discounted registration link!**

To register follow this link <http://bit.ly/1060tmU> or email sara@saraoliveri.com