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WEBINAR  
*Resilience in times of Crisis*

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## *Webinar “Resilience in times of Crisis”*

How does the coronavirus crisis overturn our daily lives? The webinar “Resilience in times of Crisis” aims to provide participants with tools that will help them cope with the new reality in their professional and personal lives.

### **Webinar Goals**

Participants will learn to:

- Understand the meaning of Resilience
- Understand the benefits of Resilience
- Recognize the factors that enhance resilience
- Gain specific tools to enhance their resilience

### **Webinar Contents**

- Expectations
- What Resilience is
- Factors that help us stay resilient
- Tips to enhance Resilience

Webinar lasts **60'** and will be performed through the zoom platform.