

Resiliency Tools for Personal Success

Course Overview

The core of resiliency is using psychological skills to navigate through difficult times. This training will include information about specific tools that increase resiliency.

These tools will help you address insomnia, irritability, anger, anxiety, and symptoms of depression and PTSD. These skills will enhance your overall performance at work and help repair relationships at home.

INSTRUCTOR:

Dr. Jana Price-Sharp
Director, Sierra Education & Research Institute
CEO, California Forensic Institute

Event Details



September 10, 2021
9:00am-5:00 pm

\$25/Members
\$45/Non-Members



Madera Sheriff's Office
2725 Falcon Drive,
Madera, CA 93637

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