

THE I-SYSTEM INSTITUTE FOR
TRANSDISCIPLINARY STUDIES
PRESENTS

BUILDING RESILIENCE PROGRAM

4-SESSION WORKSHOP

ONLINE

OCTOBER 3, 10, 17, 24 @ 12 – 1PM MST

Utah State University

The Building Resilience Program teaches skills to increase resilience during and after stressful life events, improve general well-being, and enhance performance in demanding activities such as a job, academics and sports.

The Building Resilience Program introduces students to Mind-Body Bridging skills, an evidence-based intervention that alleviates psychological distress, and enhances resilience and general well-being

To register:
Visit: i-system.usu.edu.

OR
Email Haylee Parr at
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