

# BUILDING BOUNCE

how to grow emotional resilience

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## HOST AN EVENT: BUILDING BOUNCE

Let's face it: Life is hard. We all get overwhelmed at times. But some people seem to bounce back from their upset emotions faster than most. Are they just born happy? Or is there a secret to building emotional resilience that anyone can learn?

What you will receive at this seminar:

- A game plan for growing your own emotional resilience.
- Tools and exercises you can share with others to help them build more 'bounce.'
- Understanding of how to grow your 'joy bucket' and build stronger neural pathways.
- How to quiet yourself from upsetting emotions.
- Strategies for winning the battle for your mind.
- Guidance on how to form stronger relational connections with God and others.

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