

How To Adjust When Things Don't Go As Planned:

Building Resiliency to Move Through It

90 Minute Workshop
for Co-Ed Adults

Isn't it frustrating when you are prepared, organized, ready for the day and then an unexpected bump derails your plans? Do you feel stuck, become overwhelmed, or feel lost as you try to get back on track? Do you find yourself frozen in place, unable to move forward?

In this workshop learn strategies to get unstuck and embrace a solution based mindset.

Reserve your seat, it is possible to find a path that works best for you.



WILDFLOWER CENTER FOR COUNSELING

May 24th at 6 PM

Workshop Fee \$150



Event Led By Kate Wade

Executive Function Coach