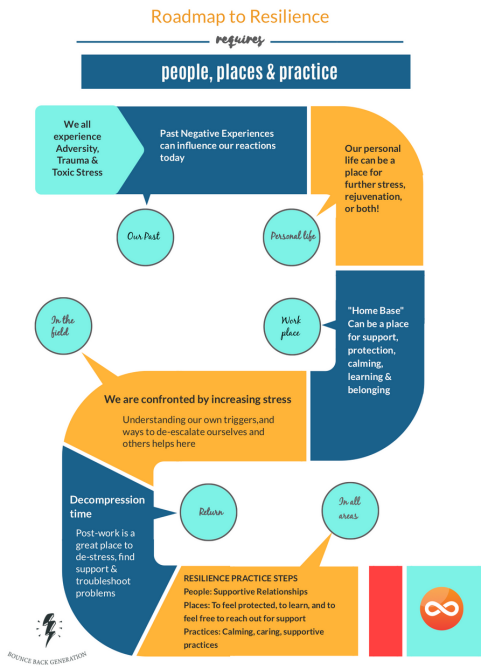


The STRONGER Program

Resilience building for individuals, teams, and companies.

Burnout. Remote work. The "Great Resignation". The pandemic has upended "normal" life, causing billions of people around the world to suffer unexpected and sometimes relived pain and trauma. According to the National Council for Behavioral Health, 70% of adults in the United States have experienced some type of traumatic event at least once in their lives. With so many people who have gone through tough experiences, becoming an informed leader and helping your workforce to be more resilient will not only help create a better workplace for your employees - it's also better for your business.



Program Components:

- What is resilience? What is trauma?
- What is resilient leadership and why is it important?
- Tools to manage the effects of work stress and burnout
- Cognitive, behavioral and physical health risks and how to address them
- Building resilience, one step at a time
- Small, powerful changes, from individuals to entire organizations
- Improving workplace adaptability
- Team exercises to express emotions bravely
- Helping individuals define work/life balance for themselves

Meet the Team



Hilary Weber is the CEO of Opportu, an organization that provides coaching and training on diversity, equity, inclusion and belonging, conflict resolution, non-violent communication and more.



Jennifer Dhillon is the founder and director of Bounce Back Generation, a nonprofit dedicated to helping individuals, organizations, and systems recover from trauma and build resilience through engaging media and practical teaching tools.

The STRONGER program is part of Opportu's adapt & grow™ leadership development series.

Interested in bringing STRONGER to your organization?
Contact us at inquiries@opportu.com or visit opportu.com/stronger to learn more

