



Our Mission:

To identify and strengthen leaders so that every congregation makes new and mature disciples for Jesus Christ.

Free Resiliency Workshop

*You are invited to attend this
FREE WORKSHOP*

Tools for Building Resilience: Managing Stress in the Workplace and Beyond

Presented by Presbyterian Disaster Assistance
Sponsored by Presbytery of Tampa Bay

Wednesday, October 25, 2017

9:00 AM – 1:30pm

**Cedarkirk Camp and Conference Center
1920 Streetman Drive
Lithia, FL 33547**

**Please register for the workshop using this link:
<https://www.surveymonkey.com/r/YHX28DT>**

**Sign-in and refreshments begin at 8:30 AM
A light lunch will be provided following the program**

Participants will learn...

- ✓ **What can happen when we are under stress**
- ✓ **How to prevent burnout and compassion fatigue**
- ✓ **Tools for maintaining calm effectiveness in stressful situations**

The Presbytery of Tampa Bay and Presbyterian Disaster Assistance would like to invite you to a free Resiliency workshop designed to equip individuals supporting disaster recovery efforts with tools to support resilience and

reduce disaster recovery related stress.

The workshop will be held:

October 25 from 9:00 to 1:30 at
Cedarkirk Camp and Conference Center

The workshop is open to all who serve in the Tampa area. Details for the workshop, including the [link to register](#), are above. Please consider attending.

Please also pass this information on to all who might benefit.

Thank you for all you are doing to support Tampa's recovery. We look forward to seeing you at the Workshop.

Karen E Smith

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