Bouncing Back—be more resilient, productive and happy during times of stress - is a personal development program about building resiliency to counter stress. Stress is inevitable. Burnout is not. Learn to create awareness of your warning signs and triggers and bounce back from stress.

By participating in this program you will increase your understanding of your triggers and responses to stress and how stress impacts you. You will articulate a vision of a more joyful, less stressful life with stress management goals while you learn and practice strategies to build resilience and optimism, inoculating you against difficult times.

This program is intensive and comprehensive, with participants expected to cover a lot of material in a six-week period.

**Topics covered include:**

- Creating awareness of stressors and responses
- Identifying personal core values
- Setting boundaries and saying no without guilt
- Taking action on procrastination
- Reducing negative coping strategies
- Choosing priorities for action
- Increasing optimism
- Simplifying your life
- Gathering your tribe for social support
- Building healthy lifestyle habits

**Start Date:** November 1, 2017 *(Wednesdays at noon ending December 6)*

**Time:** Noon - 1:00pm

**Location:** Education South, Room 255

**Price:** $180.00 *(held in trust)*

**Instructor:** Claudette Pelletier-Hannah

**Registration:** e-mail your completed agreement form to org.health@ualberta.ca

The registration deadline is **October 25, 2017**

* Participants who complete the program in its entirety (maximum 1 missed session) will not have their credit card debited. Individuals missing more than one session will automatically be charged $30.00 per missed session.

Please note: Classrooms are scheduled through U of A Central Booking in a central location to accommodate all participants.
By choosing to register for the program, you are agreeing to the terms and conditions as outlined above.

Payment Options:
The cost of the pilot program is $180.00. Payments can be made by Master Card/VISA. Please check one of the following:

- Name as displayed on card: ____________________________________________________________
- MasterCard: ______________________________
  - Expiry:  ________
  - CCV/CVM: ________
- Visa ________________________
  - Expiry: ________
  - CCV/CVM: __________

This program is being funded through the benefit plan and University staff and faculty members are therefore eligible to have the full cost covered if they fully complete the program. Payment will be held in trust and will not be processed unless the participant fails to complete the program.

The expectation is that participants will attend all 6 sessions. In order to be eligible to have the costs covered, participants must attend a minimum of 5 sessions and are expected to make up any work they have missed. If participants miss more than 1 session, they will automatically be charged $30.00/session missed.

By registering, you are agreeing to the terms and conditions as outlined above.

Registrant's Signature: ____________________________ Date: ____________________________

# of sessions missed:   amount charged:  _______ date(s): ____________________________