

# RESILIENCE CIRCLES

## *Growing Through What We Are Going Through*

The **RESILIENCE** Employee Resource Group (ERG) provides small group conversations on specific topics that will allow staff, faculty and students to find ways to **grow through what they go through**.

### Resilience Circles are designed to:

- Provide a small group environment for Georgia Tech community to ***share, listen, and process*** resilience-building experiences.
- Enable ***sharing of resilience-building strategies and resources*** among the participants.
- Give participants a place to ***encourage, inspire, and lift each other up***.

### Next Circle:

## **Building Resilience Through The Holiday Season**

**December 12, 2018, from 12 noon to 1:30 p.m.**

**(lunch will be provided)**

**Student Center – Room 319**

The holiday season can present many challenges in our lives. Hectic schedules, family dynamics, reminders of loss and grief, expectations of others, and other factors that make resilience more important than ever. This circle will focus on the Tactics, Tools, and Takeaways that can help us build resilience through whatever challenges the holiday season may bring for us.

**Register for this upcoming Resilience Circle at**

[https://gatech.co1.qualtrics.com/jfe/form/SV\\_bqMoWU7xJYcilJb](https://gatech.co1.qualtrics.com/jfe/form/SV_bqMoWU7xJYcilJb)

If you have any questions please email Sharon Riehl – [Sharon.riehl@ohr.gatech.edu](mailto:Sharon.riehl@ohr.gatech.edu)