

# **Building Emotional Resilience**

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***We all are exhausted and pushed to the limit by the second wave of Covid-19. The stress and anxiety during the pandemic has undeniably been real for all of us. The need of the hour is to learn to be resilient and channelize our emotions inspiring self and others to stay strong and positive during these tough times***

## **Key Learnings**

- ***Understanding of challenges faced during the pandemic times***
- ***Insights on stress triggers***
- ***Managing pressures and emotional responses - coping mechanisms***
- ***Mindfully navigating emotions to manage stress***
- ***Building Life skills for resilience***

**Date:** June 25th, 2021

**Time:** 10:00 AM to 2:00 PM

**Energy Exchange:** INR 3,000 plus GST per participant

***Be a part of this highly relevant and engaging session !***

***Limited seats available !***



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**Send in your nominations to**

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