

CSU'S GOT TALENT



CSU

LEARNING & DEVELOPMENT

presents a series of LIVE online webcasts featuring innovative & essential training for your professional and personal success!

Feb. 26, 2021

~~**March 25, 2021**~~

10:00am - 11:00am PT

All CSU Staff & Faculty are invited to attend this **free** webcast via this link:

<https://calstate.adobeconnect.com/CGT>



Understanding and Achieving

Resilience to Face Challenges



Nearly 1 in 5 Americans say they have a **physical reaction when thinking about the pandemic**. This kind of **stress puts our body and brain on high alert, intensifying negative emotions and causing restless nights and unproductive days**. All humans have a built-in negativity bias, which undermines a more rational approach to challenges thrust upon us. Those challenges go beyond the threat of the virus itself by drastically altering our normal routines. **You'll learn how to combat stress by recognizing emotional triggers and utilizing proven strategies for changing your mindset and behaviors**. This isn't about simply "bouncing back" from adversity—it's about "bouncing forward" because of it.

About Dan Day

This webcast will be recorded and available on CSU Learn



In his role as Director of Client Success for TRACOM, Dan is responsible for helping audiences around the world develop their social intelligence by becoming more influential, agile, empathetic and resilient. He facilitates training programs designed to change individuals' behaviors that lead to organizational change. He is the author of Brandtender Marketing and Engage Your Valued Customers, as well as numerous articles for national publications. Dan was on the executive team at BI Worldwide when the company won the Malcolm Baldrige National Quality Award for organizational performance excellence and is a former board member of the National Speakers Association.