Bouncing Back:
The Power of Resilience

Presented by Daphne Lurie, Ph.D.

LUNCH & LEARN

At The Scripps Research Institute

We all go through challenging times, but it seems some people are better able to weather the storm than others. What helps some individuals successfully manage difficulty while others continue to struggle? Come to this Lunch and Learn presentation by TSRI counseling center director Daphne Lurie, Ph.D., to learn more about the power of resilience.

During this Lunch and Learn presentation, you will learn:

- Both internal and external factors that build resilience
- Why our mindset is so important in difficult times
- Ways that you can enhance your own capacity for resilience

Wednesday
November 30, 2016
12 noon – 1:00pm
Keck Amphitheater
Beckman building

Arranged by The Office of Counseling and Psychological Services.