

FINDING YOUR RESILIENT ZONE AND LEARNING TO SELF REGULATE

It's normal to feel sad, stressed, confused, scared, or angry as you go through your day -the question is - how quickly to do come back to your resilience zone?

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COMMUNITY RESILIENCY MODEL (CRM)

The Community Resiliency Model is a set of wellness skills, backed by neuroscience that helps you manage stress and the day-to-day challenges we face in life.



EASY, EVIDENCED BASED TECHNIQUES

Join me for 90 minutes session to learn the foundational elements of CRM and walk away with:

- Practical, real-time techniques to manage stress
- An understanding of how the body and mind work together to protect us
- Better understand mental muscles involved in wellness