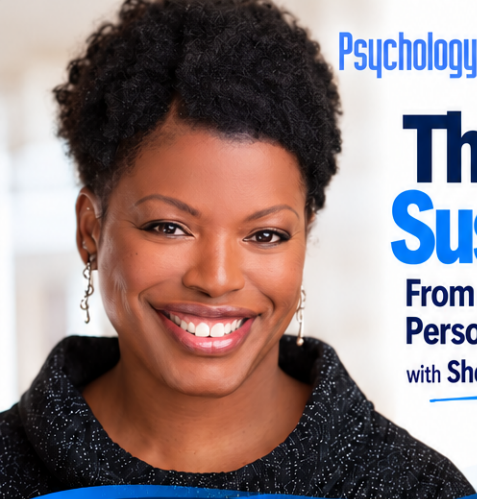


# The Four Keys to Sustain Resilience

From Insight to Action: Map Your Personal Strategy for Lasting Resilience

with Sheila Robinson-Kiss, MSW, LCSW



## WHERE MODERN SCIENCE MEETS TIMELESS WISDOM

Sheila delivers a rich, meaningful program at the intersection of contemporary resilience science and the old-fashioned wisdom of her beloved Grandpa Hood. Through heartfelt stories that take participants back in time, practical insights, and moments of humor, she brings resilience to life. A therapist, YouTube content creator, NJBIZ Blue Cross-Blue Shield Mental Health Educator of the Year, and Psychology Today contributor, Shiela connects powerful ideas with everyday action. Participants complete an interactive mapping experience to explore the program's four keys, recognize their strengths, identify what depletes them, and chart a personal strategy for lasting resilience. They leave with a practical map they can revisit as life changes.



*Inspired by the wisdom  
of Grandpa Hood*

## LEARNING OBJECTIVES

By the end of the program, participants will be able to:

-  **Translate insight into action.**  
Connect the program's four keys with practical choices that strengthen resilience in daily life.
-  **Recognize personal resilience patterns.**  
Identify strengths, stress signals, and habits that replenish or drain emotional energy.
-  **Draw strength from lived wisdom.**  
Reflect on lessons from Grandpa Hood's stories and identify grounding values from your own life.
-  **Build a sustainable support toolkit.**  
Choose realistic coping practices, restorative routines, and supportive connections.
-  **Map a personal path forward.**  
Complete an interactive resilience map with clear priorities, manageable steps, and a plan to revisit progress.

*FOUR KEYS.  
YOUR STORY.  
A PERSONAL MAP.*



RETREATS | KEYNOTES | LIVE AND VIRTUAL PROGRAMS

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REBALANCING AMERICA AND BEYOND

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