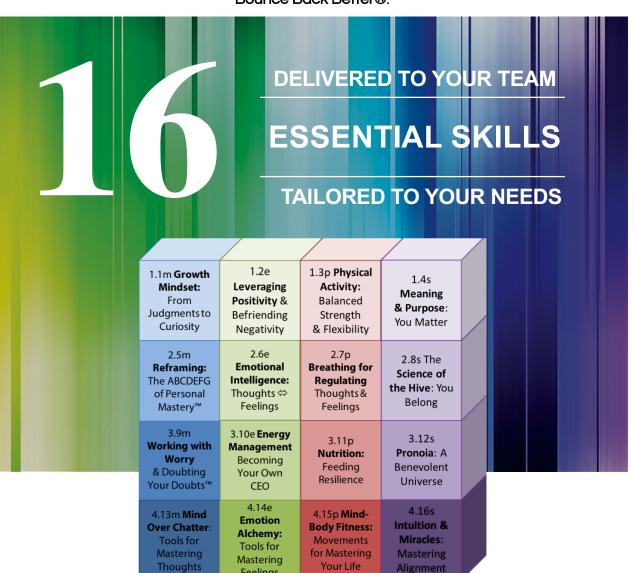
Bounce Back Better® System

A RESILIENCE TRAINING FOR ORGANIZATIONS

Research shows that resilience is a teachable mindset and skillset that few people are taught, but everyone needs, especially when dealing with times of change. It is the unlock key for success in long-term, massively-challenging endeavors. Resilient and adaptable teams are the secret ingredient of organizations that thrive despite obstacles. Give your organization the competitive advantage with Bounce Back Better®.



MENTAL, **EMOTIONAL**, PHYSICAL, & SOCIAL **SKILLS FOR RESILIENCE**



- Jon Kabbat Zin

"You can't

stop the waves,

but you can

learn to surf."

Call today for a FREE B³ Overview

Feelings



Annmarie Brogan, CAPP, APPC, CRT is a certified life coach, resilience trainer and professional organizer. Annmarie is dedicated to helping individuals and organizations thrive using the science of positive psychology.



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