

IMHW23-57 Building Mental Toughness - Part 1

**PRESENTED BY****Jodi Simmonds****SERIES SESSIONS**

Date	Time
November 24, 2022	3:45 PM - 4:45 PM

**LOCATION****Online - Your Computer****FEE****\$25.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****Ines.ca**

Program

The terms mental toughness and resilience are being thrown around a lot these days. What does it mean to be mentally tough and is it something that you can build in yourself? Evidence offers a "hard yes" to this question. Join us to discuss how things like grit, effort, growth mindset, positive self-talk, mindfulness, and gratitude can help you to positively influence your own mental toughness and resilience. Discover how that shift can impact your life and your mental health. Be prepared to learn but also to practice in this very full 1 hour session. (NOTE: this session is anchored in solid evidence-based research. This matters to us and we hope it matters to you too).

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Jodi Simmonds

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online**, you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file**. If you do not receive a confirmation email, please contact celine.zevola@learning-network.org