



VIRTUAL WORKSHOPS

Blue Ridge CTC is offering no-cost virtual workshops on a variety of topics! Participants provide feedback at the end of each workshop, offering suggestions for future courses.

Enrollments are limited. Register today!

Leading with Resilience During Covid-19

Wednesday, July 1, 2020
10am - 11am
No-Cost Community Workshop
50 spots available

Presented by Debby Neely

Debby Neely of Neely Coaching & Training has 18 years of experience as a leadership coach and facilitator. She holds a Professional Certified Coach credential from the International Coach Federation. She specializes in supporting leaders to reach their potential and get results.

Register Today!

Reserve your spot and receive the workshop link by emailing: askme@blueridgectc.edu

What does it look like to lead with resilience? How do you build it in others? Stress and anxiety can lead to burnout and bad decisions. Resilience means bouncing back from difficult experiences. It involves behaviors, thoughts and beliefs that can be learned and developed in anyone.

Upon completion of this workshop, participants will be able to:

- Gain clarity on what resilience is and how it can benefit you
- Explore how to build resiliency
- Discuss ideas for how you can support others in becoming more resilient
- Identify action items to implement immediately to cultivate resiliency



Main Campus: 13650 Apple Harvest Dr., Martinsburg, WV 25403

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