



## Human Resource & Benefits Roundtable Meeting Notice

Thursday, August 25, 2011  
Lunch Meeting Noon – 1:30 pm  
Hilton Garden Inn  
Levis Commons

### **“Building a Resilient Workforce”**

#### **About this session:**

Stress in the workplace is inevitable. Increased business challenges and competition have caused employees left doing more with less. Learning to effectively deal with stress, and to view these pressures as opportunities for growth, helps build resilience. A resilient workforce is more productive, adapts better to change, works more cooperatively together, and has more fun! Resiliency is not about getting rid of stress completely, it's about learning from it. As the German philosopher Nietzsche once said, “that which does not kill you, makes you stronger”.

Join us as we learn what it takes to develop your employees and your workplace environment so that it builds resilience!

#### **Participants will learn:**

- 10 ways to empower your employees to more effectively deal with and manage stress.
- Resilience is a process, not a personality trait
- How to help your employees learn to use stress to build their strength and perseverance.
- Identify the key triggers of stress in the workplace and how to create an environment with limited stressors.
- Resilience occurs when there are cumulative protective factors in place

#### **Our Presenter:**

**Tim Butler, L.P.C.C.** brings his experience of over 20 years in the business sector and combines it with over eleven years in the field of psychology to give you valuable insight and tools you can take with you and use immediately. He is currently employed in private practice as a marriage, family and individual counselor. He assists others in working through their own personal struggles as well as helping them to work better in group environments. Tim also works as a consultant and lectures widely on issues related to mental health.

## Registration Form

HR & Benefits Roundtable August 25, 2011

**Please Respond By Friday, August 12th**

#### **Non-Series EA Members:**

If you are not currently a member of the EA HR & Benefits Roundtable Series, but would like to attend, you may do so for a cost of \$35.00 per registrant.

- I am **not** an EA HR & Benefits Series Member, but would like to attend this meeting for a charge of \$35.

Name / Company \_\_\_\_\_

- Require a vegetarian lunch

#### **Non-EA Members:**

- I (Name / Company) \_\_\_\_\_ am not currently a member of The Employers' Association, but would like to attend this meeting for a cost of \$45.  
(Payment must accompany registration)

**\*You may send a substitute at any time; however, no-shows or cancellations within 5 full business days of the program will be responsible for the full registration fee.**

Please respond to Nikki via e-mail at [ncousino@employersassociation.com](mailto:ncousino@employersassociation.com) or via Fax at 419-885-8554, or go to [http://employersassociation.com/tr\\_benefit.asp](http://employersassociation.com/tr_benefit.asp) to register online for the August 25<sup>th</sup> meeting.