

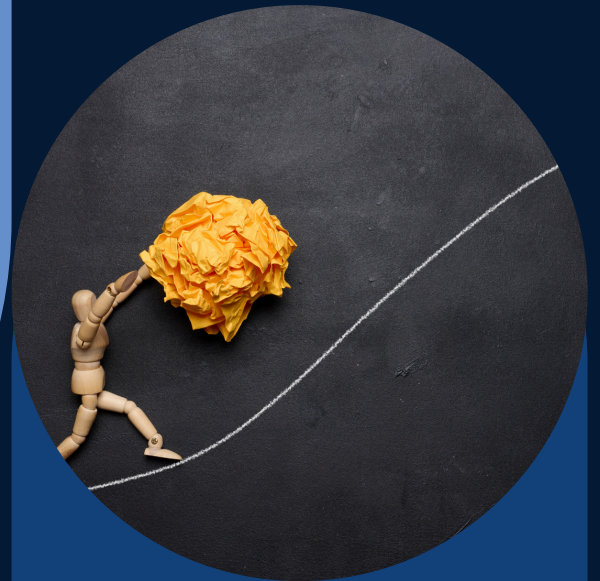
Building Resilience & Wellbeing

Discovering what matters most to you

Resilience and wellbeing have become buzzwords but what do they realistically look like in our day-to-day lives? In this workshop you will identify what matters most to you and explore a menu of brief resilience practices to create a customized resilience plan that aligns with your personal values.

This training has been delivered to teams, leaders, and employees—often those navigating burnout. It weaves in antidotes to white supremacy culture, emphasizing realistic planning, collaboration, and sustainability.

For more information about trainings visit athenaplace.com or email info@athenaplace.com



Beyond the Surface

In this engaging workshop, participants reconnect with what matters most to them, learn adaptable resilience practices, and leave with a personalized plan for wellbeing. Through evidence-based tools, inclusive facilitation, and realistic strategies that counter burnout, this session helps individuals and teams strengthen their capacity to thrive—without upholding hustle culture.

What You Gain

- Clarity on personal values and how they shape responses to stress and change
- Experience with adaptable resilience and embodiment practices
- A practical, values-based personal resilience plan