

The Resilience Factor The Difference Between Victim and Overcomer

*For individuals facing personal change and upheaval
Also for Faith-Based Groups*

Program Description

The universe has a sense of humor all its own – just when we think we have it all figured out – along comes LIFE. What do we do when our circumstances change? Have we developed skills that help us respond rather than react? Do we play the victim card or do we adapt and overcome? Developing the Resilience Factor helps us navigate through change and emerge stronger, healthier and with a renewed sense self-worth.

Resilient People

Know Who They Are:

Are your values guiding you? When adversity strikes do you find yourself scrambling to develop a life strategy?

Control Their Surroundings:

Have you made a conscious effort to control the thoughts, feelings and actions you take, as well as the people you allow into your inner circle?

Define Their Own Measurement:

Has your circumstance changed but you're still defining success in the same old way? Or – worse yet – allowing other people to define it?

Learning Objectives

- Recognize victim behavior and how to reverse the trend
- Learn the difference between reacting and responding
- Develop strategies for controlling your environment
- Let go of the past and define a new measurement

Value to Participants: Those individuals who develop The Resilience Factor will find greater freedom in their day-to-day lives as the decision of who to be and what to stand for has been decided. When changes come, and they always do, Resilient People are able to respond rather than react and turn disruption into an opportunity for transformation.

A large, light green stylized swirl logo is centered in the background of the contact information.

The Vargas Group
Pattie Vargas, Principal
760-420-8444

www.thevargasgroup.net

www.johnmaxwellgroup.com/pattievargas

pattie@thevargasgroup.net

“Look where you’re going, not where you’ve been.”