

Empowering People to be Resilient for Life!

Wednesday, February 20, 2013

Adult Resilience: **Strong Not Tough**

Licensed Trainer: Kafui Sawyer, BA, MA, CCC, RCC



Adult Resilience: Strong Not Tough is a one-day accreditation session for professionals and individuals who face circumstances where greater adult resilience would create an environment that is more productive, vibrant, and successful. *Strong Not Tough* provides crucial relationship and resilience skills that high-calibre, purposeful leaders practice and facilitate not only in their organisations and businesses, but also in their own lives.

As adults, we experience many life changes. This could range from common challenges such as transitioning into the workplace, entering and ending relationships, and starting a family, to unforeseen and unplanned events such as the loss of a loved one, natural disasters, or financial difficulties. Feeling overwhelmed or anxious is a natural by-product of such experiences.

Strong Not Tough is an interactive program that equips adults with positive coping skills to better navigate these experiences, effectively manage the associated feelings, and to be resilient for life. Licensed Trainer, Kafui Sawyer, is the sole licensed trainer in North America for *Strong Not Tough*. Currently, this specialized training is not offered by anyone else in North America.

As a Certified Facilitator of *Strong Not Tough*, you can help students, clients or employees and their families with long-term emotional resilience - their own personal policy to navigate everyday life challenges. You can lead your team to build an organisation or business that can bend, not break. It is a sustainable community that is strong, not tough.

* Important Registration Information *

Registration and payment must be RECEIVED
by Joy Health and Research Centre
by February 13, 2013

Download a registration form or register online.

Phone: **1.604.791.7792**
Email: **info@joyhrc.com**

Wednesday, February 20, 2013
9:00 am to 5:00 pm

Ramada Plaza & Conference Centre
36035 North Parallel Road
Abbotsford, BC

Cost: \$395 per person

incl. HST, training manual, and lunch

*Continuing Education Credits (6 credit hours) available
from the Canadian Counselling and Psychotherapy Assoc..*

IMMEDIATE BENEFITS

- Awareness and clarity with mindfulness;
- Greater freedom from limiting patterns that no longer serve you;
- Easy skills to access your inner resilience... anytime, anywhere;
- Instigate positive shifts in existing personal and professional relationships;
- Stronger foundation for self-confidence;
- Enhanced mental, emotional, and physical well-being.

SUSTAINED RESILIENCE and WELLNESS

- Life skills and strategies that enhance your performance and quality of life;
- Navigate life's transitions with natural resilience, growth, and creativity;
- Effective skills to deal with conflict;
- Openness toward the positive elements in life;
- Transform solutions into plans, and plans into action;
- Celebrate your successes.

Kafui Sawyer

BA, MA, CCC, RCC

As Director and mental health consultant at Joy Health and Research Centre, Kafui Sawyer is the only Licenced Trainer in North America for the *Adult Resilience: Strong Not Tough* accreditation program. She is licenced by Pathways Health and Research Centre (Brisbane, Australia) which developed the *Strong Not Tough* program.



Kafui is a researcher and conducts program evaluation studies on mental illness prevention. As someone with family members who also struggle with mental health concerns, Kafui understands first-hand the importance of cultivating a robust and positive life. Underlying all of Kafui's work is her goal to provide people with effective skills that encourage a path of self-discovery, healing, and growth in their everyday life.

Kafui received her clinical training under the direct supervision of two clinical supervisors: a Registered Psychologist with the B.C. Ministry of Children and Family Development, and a Child Therapist in private practice. Kafui also worked at Child and Youth Mental Health as a Mental Health Clinician and Community Psychology Coordinator.

 ca.linkedin.com/in/kafuisawyer

Kafui's philosophy in life is emphasized by **3Cs**:

- ① people are **Capable**,
- ② people **Count**, and
- ③ people want to **Connect**

Joy Health and Research Centre

Based in British Columbia, Joy Health and Research Centre (Joy HRC) promotes resilience and socio-emotional life skills in individuals, families, and school communities. As a licensed partner with Pathways Health and Research Centre in Brisbane, Australia, Joy HRC engages in research and provides individual and group therapy sessions that focus on coping with anxiety, depression, psychosis, stressful, family issues, trauma, eating disorders, autism, ADHD and other mental health concerns. Joy HRC consults with and provides training for professionals in the health, educational and social service fields for prevention and early-intervention for children, youth, and adults.

For more information please visit Joy Health and Research Centre at www.joyhrc.com



This learning opportunity is supported by Pathways Health and Research Centre.