

RESILIENCY

Resiliency is the ability to adapt and thrive in the face of adversity and stress. It allows us to “bounce forward” from difficult circumstances.

The BJC Resiliency Program provides tools and resources to support your individual resilience and promotes practices to build a resilient culture throughout the organization.



BJC Resiliency Website
resiliency.bjclearn.org

Visit the website for activities, articles, videos, weekly emails, and more information on increasing your resiliency.



Resiliency Class Options

To register: links.bjclearn.org/resiliency

Virtual Classes

The 5 Components of Resiliency curriculum contains one-hour sessions once a month for 5 months.

Champion Virtual Classes

Two one-hour sessions one month apart. Work with your team in the month between sessions then develop next steps when you return.

Online Courses

This option allows you to build resilient skills whenever you like.

Champion Online Courses

This step-by-step option allows you to complete Resiliency Champion Training whenever you like.

BJC Resiliency Champion Program

Join us as a Resiliency Champion to develop resiliency building initiatives within your team.



Questions? Contact resiliency@bjc.org

