Presents:
The Science and Practice of Resilience Webcast
Friday, March 30th
9:00 a.m. - 5:30 p.m.
Museum of the Rockies
Redstart Classroom
$25/Person*
50 spots maximum

*$25 registration fee includes lunch. Scholarships available, provided by Montana Children's Trust Fund.

Mental resources like determination, self-worth, and kindness are what make us resilient, able to cope with adversity and push through challenges in the pursuit of opportunities. True resilience fosters well-being, an underlying sense of happiness, love, and peace.

In this full-day webcast, Hanson will outline his unique, step-by-step program for growing the inner strengths of true resilience and hardwiring them into the brain. Leavitt will present a local keynote.

You will learn that:
- Resilience is for every day of your life.
- Resilience comes from having inner strengths.
- Resilience is not static, it is something you can develop.
- Resilience fosters well-being and well-being fosters resilience.
- The key to developing lasting resilience is knowing how to turn passing experiences into lasting inner resources built into your brain. This is what neuropsychologist Rick Hanson calls positive neuroplasticity.

Attendees will be able to:
- Describe the core elements of resilience
- Describe the concept and mechanisms of neuroplasticity
- Explain how individuals can work to develop resilience
- Demonstrate skills to help develop resilience in a caregiving setting

Rick Hanson, Ph.D., is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His books are available in 26 languages and include Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness, Hardwiring Happiness, Buddha’s Brain, Just One Thing, and Mother Nurture. He edits the Wise Brain Bulletin and has numerous audio programs. A summa cum laude graduate of UCLA and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he's been an invited speaker at Oxford, Stanford, Harvard, and other major universities, and taught in meditation centers worldwide.

Cindy Leavitt, M.S.W, founder of One Sky Parent Consulting and Counseling, is a parent consultant, educator, and individual and couples therapist in private practice in Bozeman, Mt. She was a founding Faculty member of The Neufeld Institute. Her lifelong passion is understanding, navigating, and facilitating the process of human growth and the realization of potential; she is particularly versed in the convergence between developmental psychology, attachment theory, psychodynamic psychotherapy, and traditional spiritual teachings and practice.

Cindy is the mother of three children and finds the daily challenges and successes she has in the trenches of parenting and coupled relationship to be her greatest teacher and source of credibility. Cindy will provide an opening keynote on Cultivating Resiliency in Children and an open question and answer session over the break.

To register visit: GreaterGallatinUnitedWay.org/resilience_project
Questions, contact Tyson Krinke by phone at (406) 587-2194 or by email at Tyson@greatergallatinunitedway.org