

## Hope at Work: Building Positive, Resilient Organizations

A FREE TRAINING FOR COUNTY MENTAL HEALTH SYSTEMS AND COUNTY-CONTRACTED AGENCIES IN THE GREATER BAY AREA

### Our Trainer / Presenter:

***Bruce Anderson with Community Activators***

Training day: 10:00 AM - 4:00 PM

[Lunch is included]

**Friday, February 5<sup>th</sup> – Santa Clara**

*Teams can get temporarily stronger during team-building retreats, but teams stay strong through the use of carefully designed activities integrated into the ongoing work life of the group. This training will focus on critical areas for building a hopeful and resilient work culture.*

#### Learning Objectives:

- Identify definitions and differences between hope and optimism.
- Identify differences between individual and group resilience.
- Identify the organizational conditions for hope and hopelessness.
- Identify typical resistance to healthy rituals and strategies to overcome.

*Within each of these areas, we will offer assessment tools, structures for culture change, and samples of activities which will build hope and resilience.*

#### Target Audience:

Employees and volunteers serving in management, supervisory and direct-service roles, *including consumer and family member staff and Wellness Center staff.*

**MHSA/WET Coordinators - Please return one registration form (with up to 5 attendees) per County to:**

**Donna Matthews/WWT at Email to [dmatthews@cihm.org](mailto:dmatthews@cihm.org) or Fax to (916) 556-3483**

*If interested in availability of extra seats, please inquire via email after January 20<sup>th</sup>.*

**This course qualifies for 4.5 CE credits.**

**A \$15 processing fee (payable to CiMH) will be due with completed CE evaluation form.**

CiMH is offering Continuing Education (CE) credit for PSY, LCSW, MFT, PT, CAADAC, and RNs.

# Hope at Work: Building Positive, Resilient Organizations

**Friday, February 5, 2010**

Santa Clara County Mental Health Department  
1075 E. Santa Clara St., 2<sup>nd</sup> floor, Training Room 4 San Jose, CA 95116  
*Parking: Training participants may park in the "C" designated slots.*

## REGISTRATION INFORMATION:

First: \_\_\_\_\_ Last: \_\_\_\_\_

Organization: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

ADA Needs: \_\_\_\_\_ Special Dietary Needs: \_\_\_\_\_

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For questions, call Donna Matthews at (916) 379-5353 or Debbie Van Dunk at (916) 643-1530, x 105