

SESSION DESCRIPTIONS

#1. GROWTH MINDSET

Research shows that growth mindset is what separates people who succeed & thrive with those who languish. Learn a simple technique to keep you on the path of learning and resilience to combat judgment, criticism, self-doubt, frustration and worry.

#2. EMOTIONAL POWER

Befriend negative emotions such as stress, worry, anger and guilt, instead of resisting them. Feel empowered with skills for increasing your positive emotions and learn to prevent yourself from getting stuck in the negative.

#3. PHYSICAL ACTIVITY

Learn about how the mind-body connection and your physical health affect your mental health. Uncover simple ways to add movement into your life to make you physically more resilient.

#4. REFRAMING CRITICISM

Ever notice how you can be your own worst critic? You're not alone. Science shows, criticism undermines performance. Learn to redirect debilitating thoughts, build your confidence and take action.

#5. THOUGHTS & FEELINGS

Deepen your mastery of emotions. Understand what triggers you & others. Use the knowledge to communicate more effectively and shift your emotions through your thoughts.

#6. BREATHING

The simplest, yet most profound, way to build your resilience is at the tip of your nose. Learn these practical breathing exercises to create calm, balance your nervous system, and restore vitality.

ABOUT B³

The **Bounce Back Better**® System is a **resilience skills training program** that focuses on teaching participants the key skills and theories they need to know to help them be more **effective** and **adaptable in the world**. When participants learn and apply these skills, they gain a sense of **personal mastery** over their lives and are better able to handle the challenges life throws their way. They learn skills for caring for their mental, emotional, and physical health.

#7. WORKING WITH WORRY

Learn to tackle that familiar & often debilitating voice of worry and self-doubt. "What if this happens? What if that happens?" Uncover basic truths about fear and how to tackle your worry before it leads to anxiety. Learn to use this to reduce stress and improve your physical health.

#8. MANAGE YOUR ENERGY

Willpower, discipline, decision-making, and focus all use up your mental energy. This leaves you vulnerable to unhealthy habits, diet choices, behaviors, and more. Learn to build and harness mental energy through simple techniques and principles.

#9. FEEDING RESILIENCE

Your body is a battery. Sleep and food are your fuel! Learn to feed yourself for maximum energy and minimum exhaustion. Learn how to easily boost your immune system, feel more vital and look younger.

#10. MIND OVER CHATTER

Become a master of your mind. Learn to counter unproductive and life-diminishing chatter. Uncover tricks to redirect and refocus your thoughts, even the sticky ones, in real time.

#11. EMOTIONAL MASTERY

Become a master of your emotions. Feel the way you want to feel, when you want to feel it. Learn to move emotions through your body, without getting stuck or dwelling in an emotion.

#12. PHYSICAL MASTERY

Become a master of your body. Learn basic movements that affect the well-being of your spine, your joints and connective tissue. Learn to use your body to hit the reset button on your mind.

12 ESSENTIAL LIFE SKILLS

- Delivered through weekly sessions
- Earn a B³ Certificate of Completion
- Decrease stress & overwhelm
- Increase well-being & control
- Meet great people
- Learn to thrive
- Have fun
- Grow

TRY AN INTRO SESSION

IN THE SCIENCE OF RESILIENCE

Rachel E. Roth is a Resilience Trainer, Coach, Grief Support Specialist, and Speaker.

She is dedicated to helping individuals & organizations bounce back from adversity with deepened clarity, connection, and commitment using the science of well-being.



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RESILIENCE

Day-to-day life is a breeding ground for stress and overwhelm. Your resilience keeps you acting when you most want to quit. Mental power is the unlock key for success for all of life's challenging endeavors. Until recently, people thought you either had it or you didn't. But a growing body of breaking research reveals that mental toughness or "resilience" is not only a mindset that separates those who succeed from those who plateau, it is a teachable and buildable skillset.

SKILLS

MENTAL SKILLS equip you to deal with thoughts, worries, judgments and beliefs that may typically overwhelm you.

EMOTIONAL SKILLS empower you to feel the way you want to feel, working with emotions rather than getting stuck in them.

PHYSICAL SKILLS keep your body strong, vibrant and healthy, elevating your mood, enabling creativity, and boosting focus.

RESILIENCE SKILLS TEACH YOU HOW TO SHOW UP IN THE WORLD THE WAY YOU WANT TO.

REGISTER TODAY:

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“Man never made any material as resilient as the human spirit.”
~ Bern Williams



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BOUNCE BACK BETTER[®]

Resilience Training


is a Flourishing Center[®] Program

And a scientifically-based approach to increasing your mental, emotional & physical resilience.



Lead by Rachel E. Roth
CAPP, CGRS, PC
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