

# Al Siebert Resiliency Center



## *Developing Human Resiliency around the World to*

- *Master Change,*
- *Thrive under Pressure, and*
- *Bounce Back from Setbacks.*

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The international Al Siebert Resiliency Center, founded by Al Siebert, PhD, would like to provide you (and your organization, staff, or volunteers) a learning opportunity to strengthen your resiliency.

ASRC offers several programs to increase your understanding of resiliency. Specifically tailored to the curious individual, change agent, consultant, facilitator, coach, staff, team, or organization, we offer:

- On-site resiliency training
- Resiliency certification
- Train-the-trainer certification
- Access to a variety of learning tools and resource materials

Our programs provide tangible skills and strategies to strengthen individual and/or team resiliency that can be implemented immediately. You will learn:

- The Five Levels of Resiliency and the factors affecting workforce resiliency
- How to effectively navigate change
- To maintain well-being during tough times
- Collaborative problem-solving skills
- Skills to grow stronger and wiser through life's inevitable challenges
- How to apply skills to master major resiliency challenges

Contact us to explore the possibilities: [asrc@resiliencycenter.com](mailto:asrc@resiliencycenter.com) or **503-289-3295 x2**

Certification application and other information can be found at [ResiliencyCenter.com](http://ResiliencyCenter.com)

We also have articles, books, CDs, an e-course, and other reference materials which can be accessed online or ordered through [PracticalPsychologyPress.com](http://PracticalPsychologyPress.com).

Board members of the Al Siebert Resiliency Center are: \* *Molly Siebert*, Director; \* *Glen Fahs, PhD*, Speaker / ASRC Resiliency Certification Trainer / Leadership Facilitator / Trainer / Coach, Cascade Employers Association; \* *Michelle Atlas*, Coach / Speaker / Trainer / ASRC Resiliency Certification Trainer, Trust-Change.com; \* *Kristin Pintarich*, ASRC Editor-in-Chief / Owner of Practical Psychology Press.

