

# Flex, Don't Break: Resilience for Real Life

## DESCRIPTION

As we close the chapter on 2025 and look ahead to the possibilities and challenges of 2026, it's important to reflect on how we can mentally and emotionally equip ourselves for the uncertainties and daily pressures that come with both work and life. How can we intentionally prepare, protect, and care for our well-being in ways that are healthy, sustainable, and supportive of personal growth?

## OBJECTIVES

*Upon completion of this program, the participant should be able to:*

- *Learn how resiliency differs from stress management*
- *Understand the importance of emotional intelligence for building resiliency*
- *Learn how we contribute to our own stress through cognitive rigidity*
- *Explore the difference between cognitive flexibility vs rigidity and how the latter may sabotage our own best efforts*
- *Learn techniques for developing cognitive resiliency that will benefit and empower the participant*

Fee: \$20 Consortium Member \$40 Non-consortium Member

Deadline to register: 12-3-2025

**Cancellations and Refund Policy:** Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

## CREDIT

**AHEC:** This program is approved for 0.125 CEU's (1.25 clock hours) by Pee Dee AHEC and meets SCAHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.

**Counselors and Therapists:** This program is approved for 1.25 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

**Social Workers:** Pee Dee AHEC as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 1.25 hours of social work credit hours.

**Thursday, December 4, 2025**

**9:00am-10:15am**

**Webinar via Webex**

## TARGET AUDIENCE

**Counselors, Therapists, Social Workers, and any other interested healthcare professionals.**

## INSTRUCTOR:

Susie Owen, LCSW, LISW -CP

Susie is a Licensed Clinical Social Worker in South Carolina, and for the past 32 years, she has assisted employers and employees with their interpersonal skills and professional development. Her areas of expertise include Leadership Development, Risk Management, and Team and Lifestyle Skills Development. She owns Bix Worx, LLC, a training and organizational development business in the Lowcountry of SC.



Visit [www.scahec.net/learn/login](http://www.scahec.net/learn/login) to register

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