

Flex, Don't Break Resilience for Real Life

DATE:

Thursday, December 4, 2025

TIME:

9:00am - 10:15am

LOCATION:

Webinar via Webex

FEES:

Consortium Member: \$20

Non-consortium Member: \$40

Registration Deadline:

Wednesday, December 3, 2025

TARGET AUDIENCE

Counselors, Therapists, Respiratory Therapist, and Social Workers

CANCELLATION & 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.



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:

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

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.

CREDIT

AHEC: This program is approved for 0.125 CEU's (1.25 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation 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 social work credit hours.

Respiratory Therapist: This program is approved for 1.25 hours of continuing education. Pee Dee AHEC is an approved provider of continuing education for Respiratory Care Practitioners by the SC Board of Medical Examiners.

For more information or to register,
scan the QR Code.

For questions, contact Kimberly Morris
at 843-777-5352 or
email at Kimberlymorris@mcleodhealth.org.

