



## Zoom Meeting

Date: Tuesday February 9<sup>th</sup> 2020

Time: 5:30 pm EST

Topic: RESILIENCE

*"Resilience is the ability to bounce back from adversity...resilience is also the ability to grow from challenges." (Reivich, 2020). We are living in a most unusual time. Could you, your office, department, team, and organization benefit from resilience? During this interactive session, attendees will learn what contributes to resilience, how to cope and bounce back from changing work environments; and what the secret sauce is to living a resilient life both professionally and personally!*



## MEET OUR SPEAKER MARY CECCANESE

Mary Ceccanese is the owner and principal consultant of Dynamic Connections LLC. She is also part of the Executive Education team and the Coordinator for the Office of Tax Policy Research both at the University of Michigan's Ross School of Business. Celebrating almost twenty years of professional experience working with all levels of staff in both for-profit and non-profit organizations, Mary engages attendees with research-based practices applied to work-life scenarios.

*If you are a guest and plan to attend, please send an email to [abwanulite@gmail.com](mailto:abwanulite@gmail.com).*

*Upon receipt of email you will receive the meeting log-in information.*

For more information about NuLite Chapter, visit our website:  
[www.abwa-nulite.org](http://www.abwa-nulite.org)

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.