

The Path to Resilience

Live-online training for REDgen High School Student Leaders



Join REDgen Students from across the Milwaukee area to learn....

- Strategies to deal skillfully with stress, anxiety and other difficult emotions
- Practices to calm the body and mind
- Skills to increase happiness, gratitude and well-being
- Mindfulness techniques to help focus attention in the present moment
- Self-compassion practices to encourage positive goals and self-kindness

Class Dates: Tuesdays, October 13th - November 17th

Class Time: 8:00-9:00 pm

Instructor: Jamie Lynn Tatera, Educator and certified Mindful Self-Compassion trainer

Registration: Limited to 2 students per school [Register here for Path to Resilience](#)

Investment: \$180 registration fee is covered by REDgen for REDgen HS student leaders



Contact Jamie Lynn at
jamielynn@whollymindful.com
with questions about this training



A healthy mind leads to a happy life